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USE YOUR NOODLE
PAD THAI MAKES A SPICY COLD SALAD
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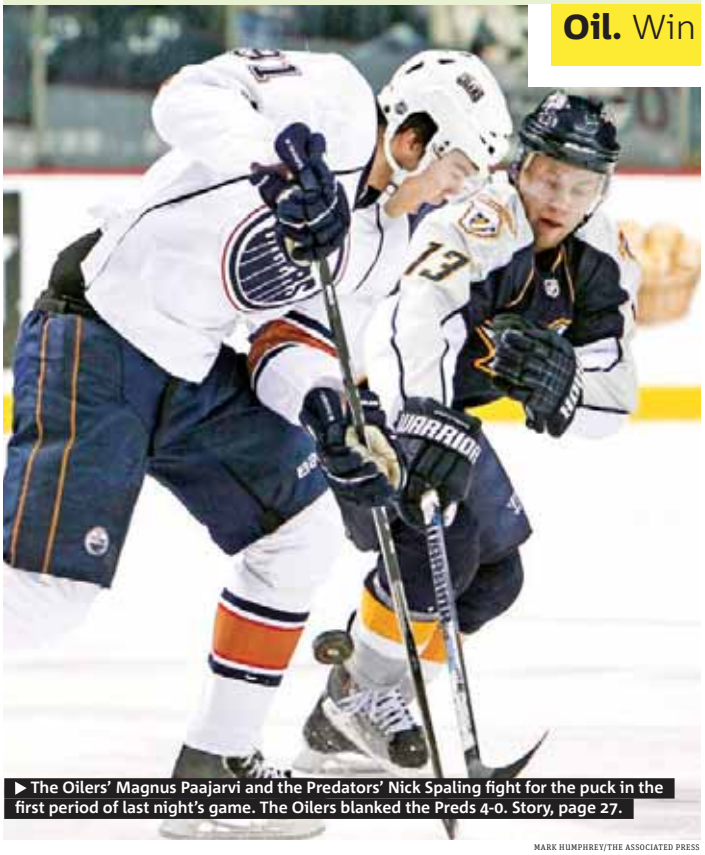
GNOME-SIZED EGO
ELTON JOHN RELISHES SELF-DEPRECATION
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IT'S A GIRL
AT LAST, FOR POSH AND BECKS
DISH {page 11}



EDMONTON
metro®
Tuesday, February 8, 2011
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News worth sharing.



Oil. Win

▶ The Oilers' Magnus Paajarvi and the Predators' Nick Spaling fight for the puck in the first period of last night's game. The Oilers blanked the Preds 4-0. Story, page 27.

MARK HUMPHREY/THE ASSOCIATED PRESS

Oilers grab two points in Music City

VANOC officials foresaw trouble
Emails reveal concern over luge track dates back to 2009 {page 4}

Keeping ahead of the curve
Learning Curve will heighten your higher education {pages 19-26}

Shooting gives rise to shock, grief

▶ Friends and family identify 17-year-old shot by police ▶ Teen remembered as a 'funny and good guy'

SHELLEY WILLIAMSON
EDMONTON@METRONEWS.CA

When Shayne Morley said goodbye to his best friend Friday morning, he had no idea it would be forever.

"He slept here Thursday, then said 'Bro, I'll be back,'" Morley said of Cyrus Green, who was fatally shot by police Friday night.

Police were dispatched to a robbery at the Coliseum LRT, and officers were soon in pursuit of a suspect at 118 Avenue and Wayne Gretzky Drive. EPS said the situation "escalated," leading an officer to shoot the 17-year-old suspect three times.

According to EPS, the teen came at officers with a bat and a knife.

But Morley, who met Green six years ago at the condominium they both live in, said he thinks the police were rash.

"The cops could have Tasered him, they could have shot him in the leg," a visibly moved Morley said, adding he and Green were "like brothers, we always stayed together."

Morley's mother, Sue Patenaude, said she saw the youth as a part of her family, and that, while "he got in a little bit of trouble," he showed her and her children the utmost respect.

"He would do anything for anyone he loved. It's still surreal."

WITH FILES FROM HEATHER MCINTYRE

SHELLEY WILLIAMSON/METRO



▶ Shayne Morley leaves a note for his friend Cyrus Green at a memorial.

Aftermath
- Officers involved in the shooting have been given mandatory administrative leave.
- A Facebook page condemning the shooting, Justice for Cyrus Green, was created yesterday.
- Teddy bears, crosses in the snow and a pole bearing handwritten notes and cards can be found at a memorial near the shooting site.
- ASIRT is still investigating.



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Girl missing school due to snow, grandma

Monica Preston hasn't been to school since the snow took over the city about a month ago.

Now her guardian and grandmother Frances, a wheelchair-bound amputee who has trouble getting the Grade 1 student to class, is calling for help.

Monica was attending Crawford Plains School, but has been homeschooling since Jan. 7.

Students who live more than 2.4 kilometres away from their designated school can be bused, said Lorne Parker, managing director of planning and student transportation with Edmonton Public Schools, and Monica lives within walking distance.

There are 24,000 students bused every day, said Parker, and another 55,000 that aren't.

"There are many, many individuals out there ... but we simply don't have the funding," he said.

HEATHER MCINTYRE

Could the Indy come to Northlands?

Northlands could be on the outs with the NHL's Oilers, but their 160-plus acres could be perfect for the Edmonton Indy.

"I think there's opportunities to do some things with the Northlands site which might be very advantageous to the race, but we'll see," said Mayor Stephen Mandel.

The race will return this summer after the city reached a deal with Octane Racing, but will need a new home after 2013 as redevelopment begins at the City Centre Airport. METRO

THE CANADIAN PRESS/HANDOUT



▶ Lyle and Marie McCann

McCann family seeking closure

- Psychic 'Alex' would only speak to Bret McCann
- $60,000 reward still on offer for any helpful information



HEATHER MCINTYRE
@METRONEWS.CA

Closure is all the McCann family is looking for, and the latest tip in the case of the missing St. Albert couple has not helped.

An advertisement taken out in a local newspaper last week suggesting someone knew about the whereabouts of his parents upset Bret McCann.

"He just had a wild story about spirits coming to him at night and that he knew where my parents were," said McCann.

It's not the first time McCann has had people, claiming to be psychics, calling him about his parents, Lyle and Marie, who went missing last July on a trip to British Columbia.

"It's kind of died off," he said. "But last fall, last summer, we had quite a few calls from psychics."

McCann said he met with St. Albert RCMP at his parents' home last Tuesday.

Though he didn't reveal any new information, he said the RCMP is more positive now about solving the case than they were before Christmas.

"We're really looking for closure here," said McCann. "We have a lot of faith in the RCMP."

For more local news, visit metronews.ca/edmonton

Police search

Edmonton police are also continuing their search for another missing couple.

1. Perry Kit Wong, 72, and his common-law wife, Eloise Fendelet, 71, have been missing since Dec. 27, 2010.
2. Anyone with information can call CrimeStoppers at at 1-800-222-8477.

Community sustainability task force launches

The City of Edmonton launched a new task force in the hopes of sustaining the city's mature neighbourhoods. The first step in renewing these communities is creating a plan.

18 The task force is made up of 18 university and community leaders.

"This task force will take an important first step by building bridges between stakeholders and finding unique ways to challenge and inspire new innovations and new partnerships that will help sustain and grow these vital neighbourhoods," said Mayor Stephen Mandel. The committee will create a report over the next six to nine months to present to city council and stakeholders by the end of the year. ALISON BAIRD

HEATHER MCINTYRE /METRO



▶ Education Minister Dave Hancock.

News in brief

Taxi drivers may join union

LABOUR RELATIONS. A large group of Edmonton cabbies will find out Feb. 8 if they are joining a union.

The Alberta Labour Relations Board will count ballots cast by taxi drivers from last August.

The decision may be appealed. METRO

Cause of water main break still unknown

DAMAGES. Repairs began on the water main that broke Sunday, but the cause is still unknown.

There is no word on who will pay for damage to nearby homes, but it is believed that homeowner's insurance should cover costs. METRO

1 news

Groupon Super Bowl ad stirs up fury over Tibet. Scan code for the story.

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On the web at metronews.ca



Judge tells Church of the Universe members, led by Rev. Brother Walter Tucker, above, they're not exempt from marijuana laws. Video at metronews.ca

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VANOC warned of luge track dangers: Emails

Messages first uncovered by CBC via Access to Information request Groups couldn't agree on changes

ELISE AMENDOLA/THE CANADIAN PRESS/AP FILE



▶ Nodar Kumaritashvili

The father of a Georgian luger killed on the first day of the 2010 Olympics is angry that officials didn't act on their own concerns about the luge track's safety.

David Kumaritashvili made the remarks after internal emails released yesterday disclosed that John Furlong, CEO of the Vancouver Olympic Committee, raised concerns almost a year earlier that athletes could be injured "or worse" at the Whistler Sliding Centre.

Kumaritashvili said the VOC's failure to take action resulted in the death of his son. "I am indignant that they were aware that the track was dangerous and failed to make it safer. They did not take any measures. And that led to the death of my son," he said.

After Nodar Kumaritashvili, 21, was killed during a training run, Furlong often repeated that such an incident was beyond his imagination. However, in an email dated March 2009, he raised the spectre that something could happen.

"Imbedded in this note (cryptic as it may be) is a warning that the track is in (the International Luge Federation's) view too fast and someone could get badly hurt," Furlong writes.

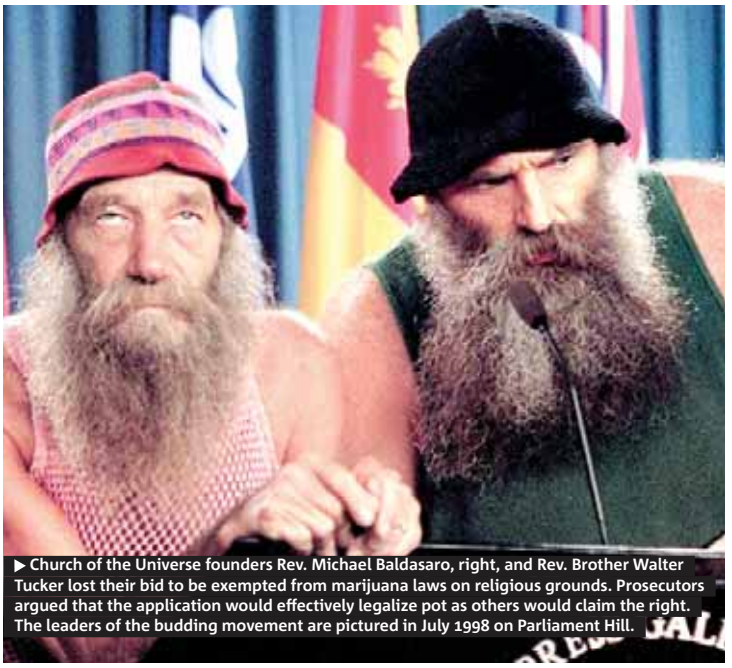
"An athlete gets badly injured or worse and I think the case could be made we were warned and did nothing."

Since luge federation officials didn't demand changes to the track, nothing was done.

David Kumaritashvili told the Associated Press yesterday that the organizing committee's failure to take action led to the death of his son.

"I am indignant that they were aware that the track was dangerous and failed to make it safer, they did not take any measures. And that led to the death of my son," he said. THE CANADIAN PRESS

TOM HANSON/THE CANADIAN PRESS



▶ Church of the Universe founders Rev. Michael Baldasaro, right, and Rev. Brother Walter Tucker lost their bid to be exempted from marijuana laws on religious grounds. Prosecutors argued that the application would effectively legalize pot as others would claim the right. The leaders of the budding movement are pictured in July 1998 on Parliament Hill.

Pot not a religious right, court rules

A religious group has lost its bid to be exempted from Canada's marijuana laws.

The Church of the Universe uses the drug as a sacrament and argues the law infringes on their freedom of religion rights under the charter. Justice Thea Herman ruled against the church today.

The constitutional challenge came in the case of two church members charged with trafficking.

Peter Styrsky and Shahrooz Kharaghani allegedly sold pot to undercover officers in 2006, and their case is back in court Feb. 21. Last year, the Supreme Court dismissed an application from church founders Walter Tucker and Michael Baldasaro for leave to appeal their 2007 trafficking convictions. The men sold small amounts of pot to an undercover police officer who posed as a new church member.

On its website, the church refers to marijuana as God's "Tree of Life." "Church members are encouraged to surround themselves with the holy Tree of Life, not just inhaling it, but wearing it, growing it, writing on it, eating it, etc.," the site reads. THE CANADIAN PRESS

Assange can't get fair trial in Sweden: Lawyer

The lawyer for Julian Assange argued yesterday that the embattled WikiLeaks founder will face a secret trial that violates international standards of fairness if sent to Sweden to face sexual assault allegations.

Geoffrey Robertson told an extradition hearing that Assange would not get a fair trial because of his notoriety and because Swedish rape cases are customarily held without public or media present, to protect the alleged victims.

Closed-door hearings would be "a flagrant denial of justice ... blatantly unfair, not only by British standards but by European standards and indeed by international standards," Robertson said.

He said the risk was especially high, "given the amount of vilification throughout the world Mr. Assange has faced."

The British lawyer representing Sweden, Clare Montgomery, countered that Swedish trials were based on the principle that everyone deserves "a fair and public hearing." She said that in cases where evidence is heard in private it will often be published after the trial and recited in the judgment.

Assange is accused of sexual misconduct by two women he met during a visit to Stockholm last year. He denies wrongdoing. THE ASSOCIATED PRESS

MATT DUNHAM/THE ASSOCIATED PRESS



▶ WikiLeaks founder Julian Assange, centre right, gets in a taxi as he leaves Belmarsh Magistrates' Court in London yesterday.

Extradition

- **Hearing** Julian Assange appeared composed and occasionally took notes as he sat in the dock at London's Belmarsh Magistrates' Court on the first day of a two-day hearing.
- **Crime** Assange's lawyers also say he cannot be extradited because he has not been charged with a crime in Sweden and is only wanted for questioning.

Carnival dreams dashed by fire

Rio de Janeiro's world-famed Carnival went up in flames yesterday for thousands of people who spent nearly a year preparing for the spectacular event.

Seamstresses, set designers and musicians in Rio de Janeiro watched in tears yesterday as firefighters struggled to control a blaze that destroyed many of the elaborate costumes and floats they assembled for this year's Carnival parade.

The cause is being investigated, a fire-department spokesman said. THE ASSOCIATED PRESS

Southern Sudan to secede

In less than six months, Southern Sudan will be the newest country. Results from last month's independence referendum show 98.8 per cent of the ballots cast were for secession from Sudan's north. THE ASSOCIATED PRESS

PETE MULLER/THE ASSOCIATED PRESS



▶ Jubilation in Juba, the capital, yesterday.

Egypt releases Google executive

Egypt released a Google Inc. executive yesterday who became a hero of anti-government protesters after he vanished nearly two weeks ago while taking part in demonstrations calling for the ouster of President Hosni Mubarak.

Protesters in Cairo's central Tahrir Square say Wael Ghonim, a marketing manager for the Internet company, was one of the main youthful organizers of the online campaign that sparked the mass protests on Jan. 25. THE ASSOCIATED PRESS

Study finds link between radiation, cancer rates

Even low-dose exposure could lead to increased cancer risk among heart attack survivors: Researchers

Higher cancer rates are found in heart attack patients exposed to greater amounts of low-dose radiation from X-rays, scans and nuclear medicine than those with less exposure, a study suggests.

The association was discovered in an analysis of medical records for almost 83,000 patients who had a heart attack in a 10-year period in Quebec. The findings were published in the Canadian Medical Association Journal.

"We've shown that there's a link," said Dr. Louise Pilote, an epidemiologist at McGill University Health Centre in Montreal.

"We have to continue the research to exactly find out ... at what point we've reached the maximum, the dangerous threshold in terms of cumulative exposure. But we're certainly not there yet in the science."

She and her co-authors took on the project because there's been "an explosion," especially in the United States, in the use of X-rays, CT scans and nuclear medicine, as well as CT angiography used to screen for coronary artery disease. Pilote said, some U.S. shopping malls have locations where individuals can get total body CT scans without a referral.

Of those studied, 77 per cent had at least one cardiac procedure with low-dose ionizing radiation within a year of a heart attack. More than 12,000 cancers were found in the followup, with two-thirds of them found in the abdomen, pelvis and chest areas.

"I think this study's very important because it gives us a pause to say, 'OK, should we be measuring radiation in patients?' We're not keeping track at all of all the radiation the patients are being exposed to, and we have to make sure the benefits of using any medical treatment — be it radiation-related procedures or drugs — the benefits outweigh the risk," said Pilote.

"It just reminds us that we should practise evidence-based medicine."

But she and others cautioned patients who need to be scanned shouldn't be put off by the findings.

"In cardiac patients who just sustained a myocardial infarction, it's clear that the exposure to these radiation (procedures) is warranted."

THE CANADIAN PRESS

Ask questions

- Dr. Edward Lyons, president of the Canadian Association of Radiologists, said the CMAJ study should cause people to reflect on the radiation they receive, and patients should always ask if a particular test is in fact necessary.

Sled dog cull not related to sales, owner says

The owner of a B.C. company connected to the slaughter of as many as 100 sled dogs says the cull wasn't related to a post-Olympic drop in sales.

Joey Houssian of Outdoor Adventures tells The Canadian Press he was told by the man caring for the dogs that some of the animals needed to be put down because they were aging and sick.

The company is being criticized after the general manager of Howling Dog Tours, which provides tours for Outdoor Adventures, told the province's workers compensation board that he slaughtered between 70 and 100 dogs in April 2010.

Houssian says it wasn't a business decision, as leaked WorkSafe BC documents claim, and he notes he was only ever told that 50 animals needed to be put down.

THE CANADIAN PRESS

Royal. Wax



▶ American artist Jennifer Rubell stands behind her lifesized wax statue of Prince William, bearing a replica of the sapphire and diamond ring, made famous by Princess Diana, on his arm, yesterday.

JOEL RYAN/THE ASSOCIATED PRESS

Royal prince goes waxy

Visitors to the Stephen Friedman Gallery in Mayfair are invited to stand next to a wax statue of Prince William and step into the shoes of Kate Middleton by inserting their own fingers into a replica of her sapphire and diamond engagement ring.

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Groupon's Super Bowl ad irks viewers

Company accused of making light of political repression in Tibet

Online coupon site Groupon Inc.'s first foray into Super Bowl advertising aimed for humour but instead struck a raw nerve with viewers and human-rights groups for mocking serious social issues.

In one commercial, Timothy Hutton says "the people in Tibet are in trouble, their culture is in jeopardy," as pictures of Tibet are shown on the screen. The punchline? It turns out he's talking about a fish curry deal groupon.com offered.

The ad, which debuted during the biggest night in advertising, when spots go for $3 million US for 30 seconds, sparked widespread negative reaction on Twitter and Facebook.

According to research firm Alterian's "Buzz Bowl," which measures online activity, Groupon was among the five most-discussed advertisers online. But the buzz was bad, with 13 per cent of conversations classified as "negative" and just six per cent "positive."

Groupon had no immediate response. On Twitter it directed people to savethemoney.org to "support Tibet's largest charity."

"(Groupon) had a bad game. Is it a losing season? Probably not."
LAURA RIES, PRESIDENT OF MARKETING STRATEGY FIRM RIES & RIES, WHO SAYS THE FLAP PROBABLY WON'T CAUSE PERMANENT DAMAGE

THE ASSOCIATED PRESS

Rescued. Dolphin



▶ In this photo released by the Florida Keys News Bureau, Linda Erb examines Louie yesterday at the Dolphin Research Center in Marathon, Fla.

LAUREN PICKARD/FLORIDA KEYS NEWS BUREAU/THE ASSOCIATED PRESS

Lucky Louie finds new home

One of the few surviving rescued dolphins from the Gulf oil spill, Louie was flown from the Audubon Nature Institute in New Orleans Sunday to the Florida Keys-based marine mammal centre to live permanently, because it is too young to be released into the wild.

Pair held in death of Canadian tourist

A Canadian and an Algerian tourist are being detained in the Dominican Republic in the death of another Canadian following a fight outside a beach resort bar.

Prosecutor Mercedes Santana says the men face possible charges of voluntary homicide in the death of 19-year-old Jordan Morrison, of Barrie, Ont.

A judge decided yesterday that there is enough evidence to hold them for at least three months while the case is investigated.

30 Voluntary homicide carries a potential sentence of 30 years in prison in the Dominican Republic, but the country's laws also allow for lengthy detention without bail while a case is under investigation.

The detained men are Canadian citizen Dmytro Aref Yev and Algerian national Bouzid Redha. Both live in Montreal.

Police said Morrison died on the way to hospital. THE ASSOCIATED PRESS

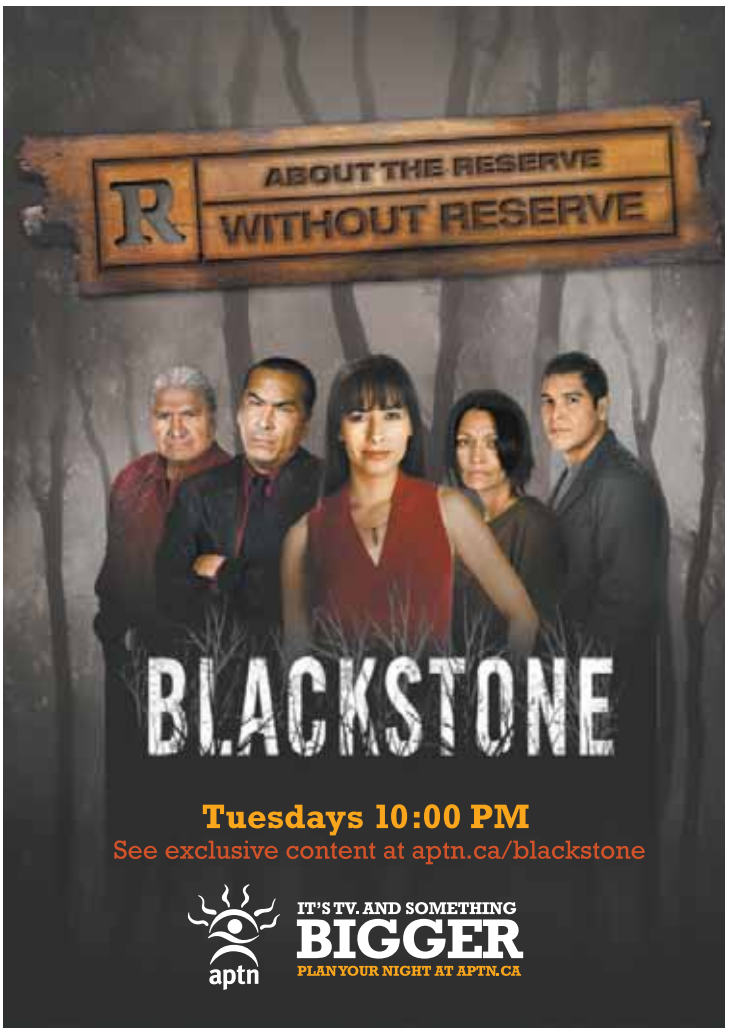
Search expands for girls

An international search for twin girls whose Canadian-born father apparently committed suicide was broadened yesterday as Swiss police searched homes, boats and the waters of Lake Geneva.

Swiss police said yesterday that French police in Marseilles had established that the girls' father, Matthias Schepp, bought tickets for himself and six-year-olds Alessia and Livia to catch a ferry to Propriano, in Corsica, but they were unable to determine whether they had boarded it.

THE ASSOCIATED PRESS





Will the real ad winner please stand up?

CONTRIBUTED BY VOLKSWAGEN



▶ In this screen shot provided by Volkswagen, Darth Vader uses the Force on a 2012 Volkswagen Passat, in a 2011 Super Bowl XLV commercial.

Car companies take advertising cake for Super Bowl XLV

In the Super Bowl of advertising, Justin Bieber replaced Ozzy Osbourne and Joan Rivers became a GoDaddy girl. But a pair of commercials by automakers took the online buzz trophy.

A two-minute ad for Chrysler starring Eminem and a Volkswagen ad featuring a mini-Darth Vader that went viral before it even aired were two of the most talked-about spots during advertising's big night, Super Bowl XLV.

The mini-Darth Vader ad had 13 million views before the game even started.

Chrysler was one of nine automakers that took advantage of advertising's biggest and most expensive showcase, at $3 million for 30 seconds, trying to show it's back after two tough years.

"This is the Motor City and this is what we do."
EMINEM

The cinematic third-quarter Chrysler ad, the big story of the night, starred Eminem driving through Detroit, and introduced a new car, the Chrysler 200 sedan, amid gritty scenes of the city. A voiceover talks about how the city has survived going through "hell and back."

"This is the Motor City and this is what we do," Eminem says.

"It was a very risky commercial, but it scored very well with our panel" that rates the ads, said Tim Calkins, clinical professor of marketing at the Kellogg School of Management.

THE ASSOCIATED PRESS

Market moment

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Unlocking cellphone freedom

Telus will begin offering a service to unlock mobile phones that use SIM cards, a trend in the wireless industry that allows consumers to use the devices on other carriers' networks.

The telecom company said yesterday that starting on Feb. 15 its customers will be able to pay $50 to have their mobile phones unlocked.

"We know that people want the flexibility to use their phones as they see fit," said Brent Johnston, vice-president of mobility solutions at Telus.

Customers on long-term contracts, usually smartphone users, will be able to get their phones unlocked if they've had the device for a minimum of 90 days. Consumers could then buy SIM cards for other networks.

THE CANADIAN PRESS

WestJet teams with Delta

Customers of both WestJet and Delta airlines can now travel over connecting flights on one ticket, get boarding passes for all flight legs at check-in and tag bags through to their final destination.

"The United States is obviously a focus of our attention," said Hugh Dunleavy, WestJet's executive vice-president of strategy and planning.

THE CANADIAN PRESS

BlackBerry takes bronze

Research In Motion was No. 3 in the global smartphone market after Nokia and Apple in the fourth quarter of 2010, according to an IDC report.

The market research report says the Canadian tech company's growth was driven by BlackBerry sales outside North America.

RIM faces heavy competition in the United States.

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NO REASON TO BE BLUE ON VALENTINE'S DAY

She says ...

JESSICA NAPIER



Every year, Feb. 14 is a day for single people to be bitter and miserable, couples to disappoint one another (carnations!) and Ashton Kutcher to star in yet another awful romantic comedy.

But I have a secret. As predictable as it is, I *love* Valentine's Day. I know, I know, it's not cool to like Valentine's Day; you want me to be cynical and write a spiteful speech about a Hallmark holiday that reeks of cheap wine and desperate consumerism, but you know what, I won't.

My enduring affection towards Valentine's Day is my secret shame. It is the romantic cliché I hate to love.

Most people think of this heart-shaped date as a manufactured milestone between Christmas and Easter; a three-way conspiracy between greeting card companies, florists and Tiffany & Co.

Maybe they're right. But like Ralph Wiggum before me, I *choo choo choose* to embrace this saccharin sweet tradition and its cinnamon heart stench.

"My enduring affection towards Valentine's Day is my secret shame."

There are countless reasons to hate Valentine's Day, especially if you're single and don't like to be reminded of it. Smug couples sitting on the same side of the booth enjoying candlelit dinners across the city is enough to make anyone gag. But it isn't all prix fixe menus and overpriced floral arrangements.

The 14th of February can be a date to love, even if you're dateless. It's a rosy pink bright spot in the middle of a very gloomy and frigid, albeit short, month. V-Day gives you an excuse to watch bad movies, listen to cheesy love ballads and wear pink and red together without judgment.

And so what if the only kisses you get are from Hershey's?

Unlike Christmas and Easter, Feb. 14 is a day devoted to overindulgent behaviour without the religious undertones to make you feel guilty about spending too much money and eating tons of candy.

Seriously people, how could you hate a tradition that inspired conversation hearts? UR A HUNK … NO THANKS … FAX ME! Those funny and flirtatious edibles have been making us swoon since 1902 (yeah, I looked it up).

So I say, lighten up your bad attitude toward this misunderstood day and embrace it for what it is — an opportunity for over-the-top displays of affection directed towards the ones you love. And while you may not have a significant other, you probably have a number of pretty significant someones who would just love to hear UR GR8.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER



The buzz on buzzwords

Letters & Tweets

We asked: What buzzword would you like to see banned?

@sarcasmandtoast: "Eco-friendly" — just because it doesn't spew poison and run on endangered bird eggs doesn't necessarily make it green.
@bandercot: anything that we can attribute to Sarah Palin.
@robfreeman1130: Game changer. Can't stand it! Most of the time there's no game to change!
@judnivenvo: how about "having said that" and "guru (of any kind)."
@adam_weitner_pr: social media guru.
@URBANERMEZEI: I believe "There's an app for that" should be stricken from the records.
@cyrusrayne: Revolutionary and magical. A certain computer company named after a fruit has beaten both into oblivion.
@deadlytoque: Oh god "actionable." Also "incentivize" and "dialogue" (as a verb; dialogue as a noun is fine).
@frodo87: "Moving forward." My least favourite phrase in human history.
@ari_ospeedwagon: Please legislate against the following (punishable by castration): "optics" and "at the end of the day." Thank you.
@NEXXUS455: OMG!
@_mitch985: I'd be happy if I never heard "cold hard cash" ever again.

Cold hard cash

TORSTAR NEWS SERVICE FILE



What is your favourite podcast?

Email
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Metro Minute at Planet Organic

Instead of waiting until the last minute to pick through the half empty shelves of Valentine's Day treats and gifts, try creating some natural gifts yourself.

Today, Sima Chowdhury with Planet Organic will be demonstrating how you can use natural ingredients that are available in grocery stores to create edible massage oil and lotion, natural body spray, and body paint from ingredients like essential oils, coconut oil, and cocoa butter. Head down to Planet Organic South (7917–104th St.) from 6:30 to 8 p.m.

Seating is limited, so call ahead (780-433-6807) to reserve your spot.

ALISON BAIRD



▶ Sima Chowdhury from Planet Organic will demonstrate how to create natural Valentine's Day gifts from ingredients such as essential oils and coconut oil.

MATT SAYLES/THE ASSOCIATED PRESS



▶ Elton John provided the soundtrack and was an executive producer for Gnomeo and Juliet.

Busy Elton finds time to laugh at himself

Singer says Gnomeo and Juliet isn't a political allegory, but its message is important

NED EHRBAR
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METRO WORLD NEWS IN LOS ANGELES

Sir Elton John is not, he would like to make it clear, planning on performing for Prince William's wedding to Kate Middelton in April.

"I don't know Kate and William," he says. "I'd made a joke that I'd probably be busking outside, but as far as I know I don't think so. No, it'll probably be someone like Barry Manilow — someone younger and more attractive."

Besides, he's got enough on his plate with the recent arrival of he and husband David Furnish's first son, Zachary, and the release of Gnomeo and Juliet, the film on which he serves as executive producer and for which he provided the soundtrack.

While he doesn't voice any of the characters in Gnomeo and Juliet, John does pop up on screen — in a sense. As dim-witted suitor Paris (voiced by Stephen Merchant) serenades Juliet with John's classic Your Song, he morphs into a gnome version of the glam singer himself.

"There I am, Glam Gnome, the Gnomosexual."
ELTON JOHN

"There I am, Glam Gnome, the Gnomosexual," he says with a laugh. "I lost it when I saw that. It's very important if you're British to take the piss out of yourself. I think you're raised to do that in England, which is rather good."

The star-crossed gnomes of the movie's title belong to neighbouring — and warring — red and blue camps, but John insists audience shouldn't read too much political allegory into it, despite how the red state/blue state battles in the U.S. may have heated up recently.

"We started the film 11 years ago, and if we'd had the foresight to do that, I'd say we're f—ing geniuses," he says. "But I do feel as though there is a message in this film. We spend so much time hating each other because our parents tell us that's what we have to do."

Gnomes or no gnomes, John's own feelings about gardens are a bit … conflicted.

"I grew up at my grandmother's house and it was a beautiful garden, but I used to hate mowing the lawn and weeding, which is what you do when you're a kid," he explains. "I loathed it and I loathed gardening, but I have two beautiful gardens. I cannot bear gardening, but I love gardens."

2 scene

Scene in brief



The View co-host Sherri Shepherd has answered a call from a higher power — The Gospel Music Association.

Shepherd will host The Dove Awards and she says fans can expect "a hot night of Godly music and comedy" at Christian Music's annual celebration of voices raised in faith.

The comedian and actress is a Daytime Emmy winner for her work on The View and the host of The Newlywed Game.

THE ASSOCIATED PRESS

New Elvis Costello tour dusts of his Spectacular Spinning Songbook





ABC



▶ Matthew Perry stars in Mr. Sunshine.

Perry looks for happiness in Mr. Sunshine

New ABC comedy brings back an old 'Friend' Show looks at the hijinks behind a San Diego sports arena

On his new ABC sitcom, Mr. Sunshine, Matthew Perry plays a chap whose life is clouded.

He plays Ben Donovan, the manager of a big San Diego sports arena, the Sunshine Center, which hosts a variety of attractions. "Every night, 17,505 people come here expecting to have a good time," Ben declares. "And I make sure they do."

But there are also a host of attendant wacky problems. On the series premiere (Wednesday at 9:30 p.m. ET), the circus is booked, but the ice from the previous night's hockey game isn't melting. Oh, and an elephant is lost in the building.

Meanwhile, Ben has hit his 40th birthday. It's a wake-up call. Suddenly, he sees he isn't as happy as he had thought.

"He's a solipsistic, self-centred man," says Perry. "But his eyes get opened a little bit, and he realizes that the ticket to being happy and having some kind of inner peace in his life is to stop thinking about himself all the time, and maybe think about his fellow man."

With Ben at its, well, heart, Mr. Sunshine will deal with his blundering efforts to transform himself into someone more caring and willing to commit.

Ben is joined by a crew of zanies at the Sunshine Center, most notably his boss, Crystal, the arena's erratic and highly inappropriate owner, who is played by Allison Janney (The West Wing).

Janney, says Perry with a sly grin, "is up for anything. One of the character traits she chose for Crystal is ... to slap me across the face. That became a running gag."

The cast also includes Andrea Anders, James Lesure and Nate Torrence, with Jorge Garcia ("Lost") in a recurring role as a pokerfaced maintenance worker.

THE ASSOCIATED PRESS

Book explores the history of hip-hop

There have been books dedicated to rap history, biographies, hip-hop portraits, fiction, legendary feuds, dancing and more.

But with the massive new hardcover book Hip-Hop: A Cultural Odyssey, Editor-in-Chief Jordan Sommers believes he's come up with a definitive historical look that chronicles its milestones, legends, music and culture that is unique and — more important — from a hip-hop insider's perspective.

"No one outside of the culture, no one who is new to the culture, participated in the book," said Sommers. "It was made in co-operation with the pioneers, and the co-operation with the veteran journalists who have been covering the culture."

Through 420 pages, hundreds of photos and dozens of essays, the book takes readers from hip-hop's beginnings in the Bronx borough of New York City through its metamorphosis into a major cultural, musical and financial movement in America and beyond. Among the topics the book explores are the impact of women in rap, the commercialization of the genre, the role graffiti played in the culture, its regional differences, its early influences and more. THE ASSOCIATED PRESS

Beckhams set for baby girl: Report

With David and Victoria's daughter on the horizon, three boys in Beckham clan will finally get a sister

FRAZER HARRISON/GETTY IMAGES


David and Victoria Beckham

After three sons, David and Victoria Beckham are reportedly welcoming a daughter, according to the Sun.

"David and Victoria are over the moon. This will be their last child and to be told they are having a girl is the icing on the cake for the Beckham clan," a source says.

"Victoria is 36 and David is thinking about life after retirement. For them, with a sister for their boys — who are growing up fast — this is the perfect family."

METRO

Celebrity tweets



Ashton Kutcher [@aplusk] Solitary triumph starts and ends with loneliness.



Russell Brand [@rustyrockets] I am hosting Saturday Night Live, Feb 12th. If you have any sketches/jokes please send. Remember, I will ONLY play drug addicts.



Chris Colfer [@chriscolfer] My aunt just text me "There's a fake story about you in my tabloid! You've made it, honey! You've made it!" Oy...



Steve Martin [@SteveMartinToGo] Buffalo wings = chicken wings in spicy sauce. World = full of lies. METRO

Is hiding Harry back with his ex?

Royal watchers think Prince Harry has quietly gotten back together with ex-girlfriend Chelsy Davy, according to the Sun.

The pair, who split up last fall, were spotted spending quality time together at a private club in London recently.

They were reportedly so concerned about being photographed that they made their exit at 4 a.m. hidden in the trunk of a Jaguar, the "clearest sign" that they're back together, according to sources.

METRO


Prince Harry

Angry altercation leaves LaBeouf in handcuffs

Shia LaBeouf didn't have the best night out at a bar recently, as the actor had to be restrained with handcuffs by police after an altercation with another patron, according to Radar Online.

LaBeouf was reportedly angered when bar patrons from whom he'd turned down a request for a photo responded with an anti-gay slur. "He charged at me," college student Mark Mastro tells the website.

"I jumped over the patio fence onto the sidewalk to get away from him, but he kept coming after me. ... He was getting in my face. He was talking s—. He was chest-bumping me."

A bouncer soon broke up the argument, and police were called. No arrests were made.

METRO

DAVE HOGAN/GETTY IMAGES


Shia LaBeouf

Biebs, Gomez step out as a couple

While everyone else was busy watching the Super Bowl, Justin Bieber and Selena Gomez quietly stepped out in public for the first time, confirming their relationship by walking hand-in-hand on the Santa Monica Pier in Los Angeles, according to Hollyscoop.

The pair apparently didn't mind the paparazzi attention they were getting, as they started giggling when they realized they were being photographed.

METRO

Talking points

Charlie doesn't want detox

ONGOING SAGA. Though he's apparently getting treatment for substance abuse issues, Charlie Sheen reportedly didn't appreciate being told by an adviser that he needed a detox, according to Radar Online.

"Charlie's father, Martin Sheen, was present when Charlie was told this, and Martin encouraged his son to take the advice," a source says.

"He was disgusted when he heard that and told the adviser that he just needed to get back to work. He got extremely upset with the adviser after his father left, accusing him of siding with his dad."

METRO

Lindsay's mom 'hurt and shocked' by Glee

While the folks at Glee apologized for using Lindsay Lohan as a punchline recently, they can't seem to leave the actress' family alone, as the hit show's post-Super Bowl episode featured Katie Couric making a crack about Dina Lohan, referring to her as a runner up for Loser of the Year.

"They are all a bunch of bullies," a friend of Dina's tells Popeater.

"Dina is hurt and shocked and hasn't done anything to deserve this constant teasing from this show." But her ex-husband would beg to differ: "Dina deserves a lot worse of a title after all she has done to destroy the relationships with my kids and entire family," Michael Lohan tells the website.

METRO

KEVORK DJANSEZIAN/GETTY IMAGES


Dina Lohan

3 life

The signs



Signs of the various eating disorders:

ANOREXIA
- Dieting excessively when not overweight
- Excuses for not eating
- Significant weight loss

BULIMIA
- Excessive concern about weight
- Strict diet followed by binging
- Purging

BINGE EATING
- Eating large amounts
- Eating quickly or in secret

CELIA MILNE

It's a big world after all: Obesity rates have doubled in last 3 decades, study says

ISTOCK PHOTOS



▶ Feb. 6 to 12 is Eating Disorder Awareness Week.

affecting all ages

Estimated that 600,000 women across Canada have bulimia 300,000 have anorexia

CELIA MILNE
LIFE@METRONEWS.CA

Anicka Novak started dieting at age 14. She was a shy, socially anxious, fearful girl who had been teased about her weight.

"The one thing I could control was my food and my body image," she told Metro. "I found a doctor who prescribed diet pills and that was like magic for me. That was the start of my eating disorder."

Novak flipped and flopped between anorexia and bulimia for an almost unimaginable 36 years. Finally, at age 50, she went for help. "By then the eating disorder had devastated me. I knew if I didn't take control of it, I was going to die."

For Novak (not her real name), who is now 58, recovery meant dealing not just with her eating disorder, but also coming to grips with her fears and phobias. It is estimated that 600,000 women in Canada have bulimia and 300,000 have anorexia, and the numbers are on the rise.

People with eating disorders often have other mental illnesses, such as substance addiction, problem gambling or sexual addiction. Bellwood Health Services, a Toronto mental health clinic, reports that 52 per cent of their eating disorder clients are also treated for an addiction.

"The eating disorder had devastated me. I knew if I didn't take control of it, I was going to die"
ANICKA NOVAK

"People with eating disorders and substance addictions both do so for the same reason — to soothe distressing feelings, to deal with shame, anger, fear and loneliness," says Susan McGrail, clinical director of Bellwood.

Novak urges women and men of all ages to come forward for help. Feb. 6 to 12 is Eating Disorder Awareness Week.

While anorexia is usually more obvious because the sufferer is very thin, bulimia (the cycle of binging and purging) is often hidden.

"Bulimia is very common in middle-aged women. It is your little secret."

The illness is associated with serious health problems such as dental decay, stomach problems, kidney damage and even death.

The Internet is a double-edged sword, says McGrail, offering valuable information but also providing a sinister means for people with eating disorders to enable each other.

"Recovery is possible through quality treatment and counseling, education and support," she says.

Myths

Susan McGrail, clinical director of Bellwood Health Services, busts three myths about eating disorders.

- **Only females have eating disorders.** Research shows that while men represent a lower percentage, the number of men struggling with eating disorders is on the rise.
- **Eating disorders only occur in young people.** Women and men of all ages can struggle with an eating disorder.
- **People with eating disorders are always skinny.** A large proportion are a normal weight or overweight.

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Hot yoga finds new meaning

The five best moves to rev up your body and love life

DAILY SQUEEZE



DAILY SQUEEZE

▶ Yoga can be good for improving your performance in bed.

ASIA NELSON
ASIA NELSON IS A CERTIFIED ADVANCED YOGA INSTRUCTOR AND DIRECTOR OF PRANALIFE YOGA IN KITCHENER, ONT. SHE IS ALSO A CONTRIBUTING EXPERT ON DAILYSQUEEZE.CA.

Great sex starts with a relaxed, fit body — and few fitness regimes can improve your performance in the bedroom like yoga.

But whether you're single or in a relationship, there's no time like the present to get your body in super-sexy shape. To help, here are five moves that give new meaning to hot yoga.

Tolasana
The core strength from this move takes standard sex to "H.D." as in, "hot damn."

Seated, cross your ankles and hug knees to chest. Keep your thighs glued to your chest, unhug and place your hands by your hips. Exhale and lift your butt off the floor. Hold for five deep breaths. Use yoga blocks under your hands if your arms seem too short. For a more advanced pose, try lifting your feet off the floor.

Deep squat
This pose is a must for strength and stamina. Stand slightly fan-footed, feet a bit wider than shoulder-width. Squat until your hips are parallel to your knees. Set your elbows against your inner knees and lower your tailbone towards the floor. If this it too difficult, stay in the initial squat position and work on leg strength while curling your tailbone under, breathing deeply in and out.

Half-bridge pumps
Essential for hot booty and thrust power. Lie on your back and plant your feet close to your fingers with your arms on the floor at your sides. Curl your tailbone towards your navel — the secret is in the tilt — and lift your hips as you exhale. Inhale and lower your hips almost to the floor. Do 10 as a good start, 20 for good stamina, and 40 if you want to be better than good.

Downward Dog
The Big Daddy of poses, it pairs hamstring and low back flexibility with upper body strength. From hands and knees, curl your toes under and lift your hips to the sky. Avoid straining your hamstrings, and bend your knees slightly.

Hold the pose as though you're about to slide your hands back with straight legs. This will ignite your core and take pressure out of your shoulders. Stay here for five-10 deep breaths.

Find more healthy news at DailySqueeze.ca







For a Valentine's option, Packrat Louie beats flowers

This restaurant serves unique cuisine such as ginger-laced alligator It's a great place to take your sweetie

LUNCH RUSH

CHRISTOPHER THRALL
FOOD@METRONEWS.CA

Seated across from the hot, smiling redhead who had agreed to marry me, I was glad I'd sprung for a nice place for our Valentine's meal.

Packrat Louie wasn't simply nice, however, I thought as I toyed with the fried strips of ginger-laced alligator in our appetizer ($14) and sipped my Luigi Bosca Malbec ($11). Packrat Louie was amazing.

With more space, I would praise the day's special ($32), featuring a braised beef chuck that fell apart into tender, rosemary-scented morsels under the slightest pressure from my fork. I would lovingly detail the dessert menu, pressed with an inked stamp into our tablecloth. The dark chocolate ganache of the pistachio tart ($10) was worthy of a sonnet.

However, with only this small space to fill, I can only offer one word: go.

Go to Packrat Louie for lunch, dinner, drinks or their prix-fixe Valentine's Day dinner ($55) and never leave a restaurant hungry, or dissatisfied, again.

Packrat Louie
10335 83 Ave.
780-433-0123
packratlouie.com
Price range: Mid to high
Rating: 5 out of 5

CHRISTOPHER TTHRALL



The alligator appetizer, for $14, is a must-order at Packrat Louie.

FLICKR: JEFFERYW



The Pad Thai flavours are the heart of this cold salad.

Pad Thai flavours reign supreme



EMILY RICHARDS
FOOD@METRONEWS.CA

Preparation:

1. In large bowl, pour boiling water over noodles to cover. Let stand for 20 minutes or until tender. Drain and rinse noodles under cold water and drain. Place in bowl.
2. Slice shrimp in half lengthwise. Add shrimp, bean sprouts, cucumber, green onions, mint and coriander to noodles.
3. In small bowl, whisk together fish sauce, vinegar, sugar, garlic, lime juice and chilli paste. Pour over noodle mixture and toss to combine.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, A COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE ABOUT EMILY AND HER RECIPES, VISIT EMILYRICHARDS COOKS.CA.

Ingredients:

- Half of a 450 g pkg rice noodles
- 1 bag (400 g) cooked black tiger shrimp
- 2 cups (500 mL) bean sprouts
- Half cucumber, sliced
- 4 green onions, sliced
- 1/2 cup (125 mL) chopped fresh mint
- 1/4 cup (50 mL) chopped fresh coriander
- 1/4 cup (50 mL) fish sauce
- 1/4 cup (50 mL) rice vinegar
- 2 tbsp (25 mL) sugar
- 2 cloves garlic, minced
- 1 tbsp (15 mL) lime juice
- 1/4 tsp (1 mL) chilli paste




▶ Steve & Kellie

BLUES PAVE THE PATH FOR LOVE

Names:
Steve, 26, and Kellie, 22
Hometown:
Calgary
Together since:
2009

Their story:

Steve and I (Kellie) met during a weekend of volunteering at the Calgary Blues Fest in August of 2009.

I had been checking him out all weekend, but hadn't approached him since I had to head back to Edmonton for my last year of university later that month.

Thank goodness he broke the ice and spoke to me on the last night of the festival.

We've been happily dating ever since — long distance and all! I'm now back in Calgary but I'm currently preparing for a solo travel adventure to Africa.

Although I'll be halfway around the world, Steve will be on my mind and in my heart — and I can't wait to continue our adventure together when I return!

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY

THE BATTLE IN THE HOUSEHOLD



It's a constant battle in our home: My partner thinks she does more work in our house and relationship than I do. Everything is a competition with her. What to do?

Angela says ...
If you're a two-income household, it's not fair for one person to shoulder the majority of the household upkeep. Put yourself in her shoes for a minute to figure out where she's coming from. Is she really burdened with an unfair share? Or is it that you find time to play hockey with your friends while she's home alone? You may simply need to find ways to make her feel as though there's more of a balance (even if you're not really changing much). Encourage her to go out for a manicure or a movie night with girlfriends.

Derek says...
She might be taking jabs at your endless complaints about being tired. Secretly start a scorecard of relationship responsibilities and check off who does what in your home. If it looks like you're slacking, pitch in. After all, you don't want to enter a competition you can't win. But if you're coming out on top, it's time to discuss rewards for the winner.



Some food for thought

ON MONEY

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MONEY@METRONEWS.CA



The voice of doom is focusing on the housing industry of late. David Madani of Capital Economics and Gluskin Sheff & Associates chief economist David Rosenberg are predicting a 25 per cent drop in Canadian housing prices over the next three years.

What's a poor homeowner to do? I know. Get defensive and get rid of that mortgage as quickly as possible.

If it is shopping that's keeping you from being mortgage free, there's now the possibility of a cure, according to five experiments into eating (yes, eating) published in December by Science Magazine.

"People who repeatedly imagined eating a food (such as cheese) many times, subsequently consumed less of the imagined food." The studies concluded, "They did so because they desired to eat it less, not because they considered it less palatable."

FLICKR/REPRES



▶ If picturing eating a certain food makes it less desiring, as experts say it can, could we imagine away our mortgage payments?

The findings got me thinking about shopping. What if, instead of plunking down good hard cash for that awesome 56-inch plasma home theatre setup you've been lusting after, you set up a daily regime of imagining that you were buying it. Pretty soon you wouldn't even want it and Best Buy would be out of business in no time.

Instead of mall trolling with friends, we could hunker down for a cosy afternoon together imagining we were buying purses, shoes, makeup, DVDs and so on. I'd guess the shopping dampening effect would be heightened if we could coordinate our imaginings, sort of like chanting in unison.

I can also envision, with a little modification, a role for the latest gaming systems. What about virtual shopping? That ought to cut the desire to shop down to just about zero.

For those who have difficulty imagining buying things, we could train shopping hypnotists. Before we know it "mortgage" would become one of those quaint words of the past, like layaway.

Money matters

2006/2010

- Per cent of Households with a mortgage: 34%/34%
- Avg. Mortgage Balance: $105,000/$143,000
- Per cent with fixed rates: 71%/68%
- Per cent with variable rates: 29%/32%

Source: Ipsos Reid, Canadian Financial Monitor

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA



PUT A LITTLE AWAY

RRSP season is here! You have until March 1, 2011 to make your contributions for the 2010 contribution year. In most cases, the RRSP tax advantages make it the best tool for long-term retirement savings. If you're over 18, employed or self-employed, you should contribute to an RRSP.

Annually, you're allowed to contribute up to 18 per cent of your income (to a maximum of $22,000 for year 2010). You receive a tax deduction in exchange for your contribution. Contributions must be made by March 1 for a tax deduction for the previous year.

Funds within the RRSP grow tax-free until withdrawal, at which time you pay taxes at the highest marginal tax rate. Remember though; you'll be retired and making less than when you were working.

The major benefit is that you defer paying taxes until your retirement, which is very useful when you're starting out in your career, purchasing your first home, growing your family and travelling. Tax deferral allows you to maximize your savings opportunities now because less of your income is going to taxes. You can select almost any type of investment to put in your RRSP — stocks, bonds, mutual funds, etc.

If you over contribute more than $2,000 beyond your limit, Canada Revenue Agency (CRA) will penalize you at a one per cent tax per month; so stick to the limits. The maximum limits are indexed for inflation each year. Check Stats Canada for annual updates (statcan.gc.ca) or Canada Revenue Agency (cra-arc.gc.ca) to access your personal limit.

If you don't use the full amount of contribution room within your RRSP, you can carry it forward indefinitely. So if you can't afford to maximize your contributions this year, you can try again next year or the year after.

Don't believe the hike? It's comin'

NEWSCANADA



▶ With interest rates expected to rise, your debt could be affected.

Best to plan ahead for an unavoidable financial roller coaster

Interest rates, near historic lows for much of the past two years, are widely expected to increase through the latter half of 2011. The cost of carrying debt, including mortgages, lines of credit and credit cards, will be affected.

"Low interest rates have enticed many Canadians to spend more on credit," says Stephen Reichenfeld, VP and wealth counsellor for Fiduciary Trust Company of Canada. "But an improving economy means lending rates will likely rise."

We offer four steps to help you come out ahead.

• Reduce personal debt. Do what you can today to decrease your debt load before borrowing costs increase. Review the option to lock in borrowing costs now and consolidate debt at a lower interest rate.

• Rethink your mortgage. If you have an adjustable rate mortgage, and you plan to be in your home for at least five years, consider refinancing options such as converting to a fixed rate mortgage at current rates.

• Equity funds. Stocks tend to benefit more than fixed income products like bonds in a rising interest rate environment. Past market cycles indicate sectors like industrials and technology benefit when interest rates rise. Additional investment ideas are available on websites like fiduciarytrust.ca.

• Don't hesitate on a major purchase. Consider accelerating your plans to purchase now before interest rates rise. If you're in the market for a new car, there may be zero per cent financing and other incentives available.

NEWSCANADA

HUNTING
Hunting Energy Services (Drilling Tools) Ltd.
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Qualified, job oriented, and responsible individuals required. Hunting Energy Services (Drilling Tools) Ltd. is a downhole tool manufacture and service facility, located in Nisku. Currently, Hunting has various openings, depending on experience, and is willing to provide in-house training. Experience with Mazatrol, Fanuc, and API threads an asset. Hunting offers competitive wages, benefits, and a bonus program.
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Are you a risk taker?

Our quiz will tell you about your investment style — fearless gambler, worrier, or something in between

DUNCAN MCALLISTER
LIFE@METRONEWS.CA

Everyone has a different risk tolerance profile when it comes to personal investments. Take our little quiz to see which category you fit into.

1. Suppose you unexpectedly inherited $20,000 to invest. You would:

A. Deposit it in a savings account or money market fund.
B. Invest it in high-quality bonds or mutual funds.
C. Invest it in a portfolio of common stocks.

2. Given the opportunity to participate in a new venture that could pay up to 100 times your investment, but has only a 20% chance of success, how much would you invest?
A. Nothing.
B. One month's salary.
C. Six month's salary.

3. When choosing a new financial investment, you always:
A. Enlist the services of a Certified Financial Planner for investment advice.
B. Do some research of your own over the Internet.
C. Flip a coin.

4. When you lose money on an investment, your reaction is...
A. I don't suffer losses because my investments are always low-risk.
B. I feel guilty and take it personally.
C. It's just the cost of doing business.

5. When it comes to your personal investments, when you hear the word "risk", you immediately think:
A. I could lose some money.
B. There is a degree of uncertainty, but I'm OK with that.
C. Here is an opportunity to make some cash.

6. My attitude toward savings is:
A. I always put away a certain percentage of my salary every month.
B. I try to save whenever I can.
C. I don't see any reason to save.

7. If you had assumed a fair degree of risk in your portfolio, you:
A. Would have trouble sleeping at night
B. Wouldn't lose sleep unless things started going south.
C. Would sleep like a baby — it wouldn't bother you at all.

8. If you had the chance to enter a poker tournament:
A. You wouldn't play, since you couldn't tolerate losing.
B. Play, but you would place low-stakes bets.
C. When playing, you would bet everything you had.

Scoring

Add up your score to see what kind of risk taker you are.

Mostly A's — Conservative.
As a conservative investor, you are risk adverse and don't feel comfortable speculating on the market. You tend towards safer, long-term positions and will always recruit the advice of an investment planner. Safer investments would include a portfolio of Guaranteed Investment Certificates (GICs), Canada Savings Bonds (CSBs), T-bills and money market funds.

Mostly B's — Middle of the Road
As a "middle-of-the-road" investor, you tend not to take risks you feel are out of your reach. You would select an asset mix with a balance of growth as well as safety. You feel comfortable placing your own trades online and follow the markets. Suitable investments would include a mixture of equities and fixed-income as well as mutual funds and precious metals.

Mostly C's — Maverick.
You have a gambler personality when it comes to investing. You believe you can spot new opportunities and capitalize on them. You prefer more speculative, short-term products like new ventures, technology start-ups and mining stocks. Although risk takers make far better returns statistically, it may come with a lot of stress, too.

ISTOCK



It's not hard to learn about investing

How to become an astute investor

Get Help: A financial planner can help you decide on the right asset mix and tailor a portfolio for your level of risk tolerance as well as provide suggestions for your long-term and short-term growth. James Hymas, portfolio manager at Hymas Investment Management Inc., in Toronto advises would-be investors that, "In this uncertain world, investors are better advised to construct a diversified portfolio that, in the long run, guards against all eventualities: common stocks, particularly resource stocks, to guard against the risk of inflation; bonds, particularly longer-term bonds, to guard against the risk of absence of inflation."

Do your Homework: Use the Internet to locate research materials and market information about your holdings (See sidebar). Learn to read a balance sheet and stock charts as well as the basic fundamentals such as Earnings Per Share (EPS) and Price/Earnings (PE) ratio.

Take a Course: Most universities and community colleges offer beginner courses on investment and financial planning. As well, some banks and investment firms will present regular informational seminars for their clients.

Be Disciplined: Don't invest any more than you can afford to lose. The desire to take risks increases greatly during a winning streak, so it's important to keep a cool head and not get caught up in the euphoria of a fast market.

DUNCAN MCALLISTER

You can't get there without a plan

When it comes to saving money, we often focus on immediate needs. While saving is an essential step to a stable financial future, we often forget to ask ourselves an important question: What exactly am I saving for and how much will I need? Whether it's for a new home, paying off debt, or something more long-term such as securing your retirement, being able to clearly identify your end goal (and envision what it will look like) can make it easier to put a plan in place and work towards reaching it.

A recent study conducted by BMO Financial Group found that half of Canadians don't have a clear understanding of their short and long-term financial goals. This can make it more difficult for people to save for things they want in life.

"Having clear goals can help motivate us to save money," says Tina Di Vito, Head, BMO Retirement Institute. "For example, when it comes to saving for retirement, have a picture of what you want your retirement lifestyle to look like, then work with a professional to develop a financial plan and start saving to realize your retirement goals."

BMO has some new tools to help individuals conceptualize and prepare for their retirement. For example, the BMO Retirement Positioning System is an iPhone application that is like a GPS for your retirement. It maps out how much savings you will need for your retirement and shows you how close you are to your goal based on your current saving patterns.

NEWS CANADA

Quoted

Bev Moir, Senior Wealth Advisor with ScotiaMcLeod, says you should have a clear picture of what you're saving for this RRSP season.

▶ **When it comes to saving,** individuals who are most successful have developed a short and long-term financial plan as a road map ... It should be reviewed regularly and updated at least every five years.




ISTOCK
▶ RRSPs: Never the wrong time to get started.

RRSP rules can work for you

With some advice maximise your RRSP You may be able to invest your severance A financial advisor can help

The concept of Registered Retirement Savings Plans (RRSPs) is fairly simple. You put money in, get an immediate tax deduction each year up to your annual contribution limit, and your money grows in a tax-deferred environment.

"Canadians are increasingly aware of the importance of setting and working towards personal financial goals," said Victor Dodig, executive vice-president of retail distribution and wealth management at CIBC.

"An effective RRSP strategy also includes taking advantage of all the options available to you to maximize the power and potential of your RRSP," said Debbie Ammeter, a retirement planning expert at Investors Group.

"These options can include the retiring allowance, pension adjustment reversal and RRSP beneficiary designation."

"One of the easiest ways to make saving for retirement a priority is to set up a regular investment plan.

"As smaller contributions are often easier to make on an ongoing basis, a regular investment plan starts to work for you right away by moving you closer toward your goals with each contribution while compounding interest, dividends or investment growth," said Dodig

When you leave a company pension plan or deferred profit sharing plan, you will receive a pension adjustment reversal (PAR) if the total value of your past pension adjustments exceeds the benefit you receive out of the plan.

The PAR restores lost RRSP contribution room and, if you have changed employers in the last year, getting professional advice on your potential PAR-room can pay off, Ammeter noted.

"Having a conversation with a financial advisor is the first step toward realizing your goals.

"It's an opportunity to talk about what matters to you and how you can work toward your goals by taking a holistic view of your financial picture," said Dodig.

NEWS CANADA, WITH FILES FROM JON TATTRIE

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You'll want to stay after class

Speakers, seminars, soirees and shows to dominate Alberta's academic landscape this February and March

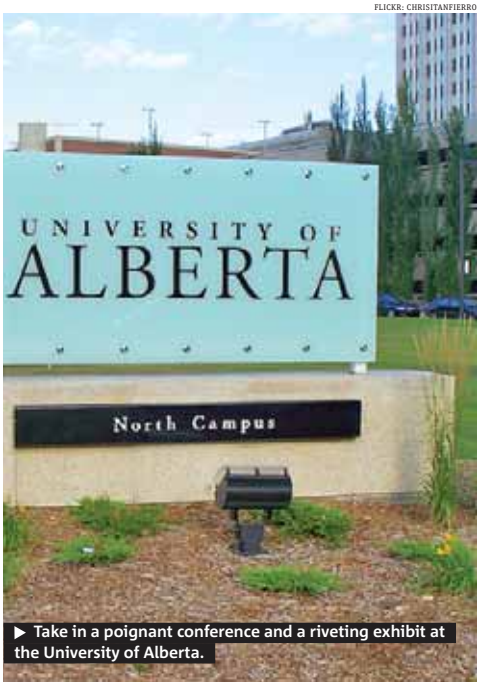
Marvel College
Why not experience one of Marvel College's esthetics treatments on-campus this month? The training institution features specials all year… (in February, it's a special facial.) Visit mccollege.ca/specials.shtml for more information. Marvel has campuses across Canada.

Global Tesol College
Global Tesol College provides free information seminars on an ongoing basis about its high-quality academic TESOL Programs for certification to teach English abroad. Visit globaltesol.com/in-class/listIS for more information.

University of Alberta
Feb 11, 2011 Undergraduate Conference in Feminist, Gender, and Sexuality Studies at the University of Alberta. North Campus: Assiniboia Hall 1-09.

Norquest College
Feb 26 Norquest College Open House, 10215 108th Street. 780 644-5927.

FLICKR: CHRISTIANFIERRO



▶ Take in a poignant conference and a riveting exhibit at the University of Alberta.

NAIT
Feb. 16 Women in Technology at NAIT hosts a monthly meet and greet event for women in non-traditional programs. RSVP to Michele Parker at mparker@nait.ca or 780.378.5048.

Concordia University College
March 5 Concordia University College Open House – for presentations, trade-show style displays, or just explore the campus at your leisure. Visit http:/concordia.ab.ca/ for more information.

Edmonton district public schools
March 7 is the deadline for student applications to all Edmonton district Public Schools with entrance criteria (except Centre High). Visit the Pre-enrolment website http://planning.epsb.ca/enrolment/pre-enrolment for more information.

University of Alberta
March 8, 2011 Voyage autour du monde / Trip Around the World Following a 14-month trip around the world, artist Marco Laperrière will display more than 20 photographs showcasing colour, effects and more. For more info visit http://blogs.library.ualberta.ca/bibliobloguе.

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Tues, Feb 15, 6 pm, Room 5-268
City Centre Campus (10700 - 104 Ave.)
ph: 780.497.5384 for details.

Human Resources Management
Tues, Feb 15, 5:30 pm, Room 5-110
City Centre Campus (10700 - 104 Ave.)
ph: 780.633.3466 for details.

Legal Assistant
Wed, Feb 16, 5 pm, Room 5-106
City Centre Campus (10700 - 104 Ave.)
ph: 780.497.5242 for details.

Business Management Studies
Thurs, Feb 17, 5:30 pm, Room 228
South Campus (7319 - 29 Ave.)
ph: 780.497.5263 for details.

School of Business
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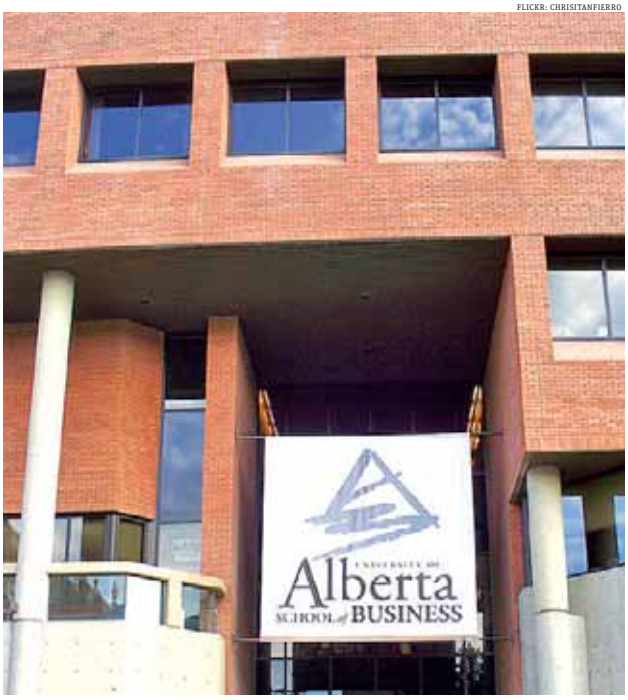
An education in activity

MIRIAM OSBORNE
LIFE@METRONEWS.CA

Edmonton-area post-secondary institutions are hives of activity, delving into interesting topics and fun competitions — from dodge ball world records to discussing women in technology. Here's a smattering of what's happening at an institute of higher learning near you.



FLICKR: CHRISITANFIERRO



University of Alberta

University of Alberta took back their Guiness World Record title after 2,012 staff, students and alumni played the largest game of dodge ball. They claimed the prize last year, but the University of California, Irvine, challenged it just seven months later. This year, with official witnesses and reps from Guiness, 1,006 soft, red balls flew through the air when the buzzer blew, reclaiming the world-record title.

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There's a lot more to university these days than hitting the books
Like taking part in the world's biggest dodge ball game, for example
How's that for an extra-curricular activity?

Grant MacEwan University

Using nothing but ordinary electrical tape, Grant MacEwan University students in an introduction to sculpture class were challenged to put on an interactive show with a little bit of humour.

They called it, appropriately, Tapefest, and brought the show to Edmonton's University Hospital.

Instructor Agnieska Matejko encourages her students to embrace the lighter side of art.

FLICKR: D'ARCYNORMAN



▶ Grant MacEwan University

The University of Athabasca

The University of Athabasca was awarded $346,142 by The Canada Foundation for Innovation (CFI) to support Open Social Mobile Systems for eLearning Research (OSMoSYS).

Gary Goodyear, Minister of State, made the announcement last month for Science and Technology. The CFI is an independent corporation to fund research infrastructure.

Since 1997, the CFI has committed $5.3 billion in support of more than 6,800 projects across the country.

NorQuest College

NorQuest College is creating The Million Possibilities Endowment Fund to empower students to reach their full potential.

The fundraising campaign is a powerful example of women working together for the betterment of our community — with a goal to raise $1 million over the next three years by inspiring women to connect to a network of philanthropy in support of NorQuest College students facing extraordinary emergency needs. For more information, contact Janice Moore, NorQuest College Community Relations and Foundation, at 780-644-5923 or janice.moore@NorQuest.ca

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The high cost of higher learning

Not sure you'll have enough saved up for university? The latest edition of Personal Finance For Canadians For Dummies has some advice

Whether you're about to begin a regular education investment plan or you've already started saving, your emotions may lead you astray. The hype about educational costs may scare you.

However, quality education for your child doesn't have to — and probably won't — cost you as much as those projections suggest.

We explain the inner workings of the financial aid system, help you gauge how much money you'll need, and discuss educational investment options so that you can keep a cool head (and some money in your pocket) when all is said and done.

Strategizing to pay for educational expenses

We don't have just one solution to paying for your kids' education, because how you help pay for your child's university costs depends on your own unique situation.

However, in most cases you may have to borrow some money, even if you have some available cash that can be directed to pay the university bills as you receive them.

By concentrating on contributing to your RRSP or company pension plan and paying down your mortgage today, you'll have a number of options when your kids graduate from high school. If you've paid down some — or all — of your mortgage, you can borrow against the paid-up value of your home, usually at or near the lowest interest rate.

You'll already have some strong momentum and compounding going on if you've been building up your retirement savings. You've also established a savings habit.

When your kids get close to university age, you can divert your RRSP or other retirement plan contributions to help pay their education costs. When they graduate, you can easily resume your contributions.

You can even take advantage of the allowable RRSP contributions you missed out on because you're allowed to carry forward unused contributions indefinitely. (You'll find a summary on the income tax return assessment notice you receive every year.)

This will leave you in much better financial shape than if you had forgone contributions to your RRSP or company retirement savings plan when you were younger in order to start an educational savings program.

And, when your kids are ready to go to university, you'll likely be in your peak earning years, so some extra funds will probably be available.

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▶ RRSP or retirement plan contributions can help you cover education costs.

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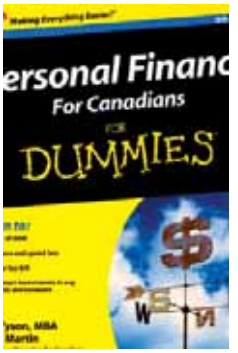


How much will you need to save?

University or college can cost a lot. The total costs — including tuition, fees, books, supplies, room and board, and transport-ation — vary substantially from school to school.

The total average annual cost is running around $8,000 to $12,000 per year. The more expensive schools can cost up to one-third to half as much more. If you have younger children, you'll be interested to hear that some estimates put the cost of a four-year degree, including tuition and living costs, at close to $100,000 or more by 2020. Ouch! Is all this expense worth it? Although many critics of higher education claim that the cost shouldn't be rising faster than inflation and that costs can, and should, be contained, denying the value of going to university is hard. Whether you're considering a local community college, your nearby university, or a high-end business school, investing in education is usually worth the effort and the cost. Unlike a car, which depreciates in value, an investment in education yields monetary, social, and intellectual profits. An investment in education (even if it means borrowing money) gives you more bang for your buck in the long run.

Universities and colleges are now subject to the same types of competition that companies confront. As a result, many schools are clamping down on rising costs. As with any other purchase, it pays to shop around. You can find good value — schools that offer competitive pricing and provide a quality education. Although you don't want your child to choose a university simply because it costs the least, you also shouldn't allow a university choice without any consideration or recognition of cost.



Setting goals

- Be realistic about what you can afford for university expenses given your other financial goals, especially saving for retirement. Being able to personally pay 100 per cent of the cost of a university education is a luxury of the very affluent. If you're not a high-income earner, consider trying to save enough to pay a third or, at most, half of the cost. You can make up the balance through loans, your child's employment before and during university, and the like.

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Work your

Alumni are a valuable resource for MBA programs ◆ An alumni recommendation can go a long way



GEN HANDLEY
LIFE@METRONEWS.CA

Canadian universities are discovering that alumni can be a valuable, two-way window in establishing a strong MBA program.

"Interacting with alumnae gives the potential candidate a good idea if the culture or the program is a good fit or not," says Wendy Ma, assistant director of MBA programs at the University of British Columbia's Sauder School of Business.

Niki da Silva, director of MBA admissions and recruitment at the Richard Ivey School of Business at the University of Western Ontario says the same.

"It gives candidates so much more depth of the school and insight into the real experience of the program," da Silva explains.

It helps

Does it help or hinder to use alumni and business connections to get into school?

"It's always a huge positive for us when we hear that one of our alumni is supporting an applicant, because ... if they have recognized in an individual that (they) have the qualities that we're looking for in an MBA student, I think that speaks very strongly." — Joan White, associate dean of MBA programs at the University of Alberta School of Business

And vice versa, alumni also provide insight to the university when determining if candidates are truly a good fit for the program.

"We listen to alumni referrals of candidates because they certainly know what it takes to be successful in the program," da Silva says.

At UBC, MBA graduates have similar influence.

"UBC alumni sometimes

transform
renew

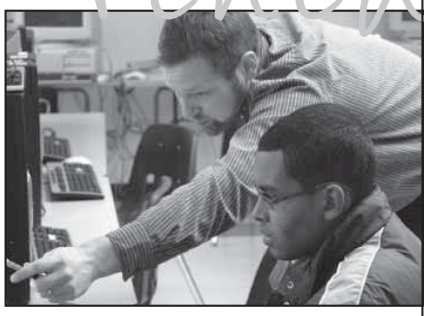
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connections



▶ Fostering alumni networking is an important part of MBA programs.

help out with the student recruitment process," Ma says. "We have a strong network of relationships here and we trust our alum when they recommend potential applications."

Ma says that these relationships continue long after graduation and extend past the borders of the university.

"We see these connections establishing some very solid business contacts," she says. "These relationships go past different industries and even across international borders."

She believes it is this eclectic foundation of relationships that is the backbone of a good MBA program, harnessing diversity for a more valuable academic experience for the students.

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Wow them in person

Treat your MBA interview as crucial as it is **Honesty, confidence, and preparation are the most important**

JOHN TATTRIE
FOR METRO CANADA

Students who land an interview for a university's master of business administration program may think that means they're in, but experts say they've just reached a critical test.

Kerri Regan, manager of recruitment and admissions for the Queen's MBA program, says about 70 per cent of applicants get an interview, but only a small portion of those are accepted. "Just because you've got an interview doesn't mean you're in the program," she cautions.

To ace the interview, treat it like a major job interview. Turn up in top business attire (even if it's a Skype video call), shake hands firmly and make eye contact. Focus on what you can do for them (and for future employers), not what they can do for you.

"Part of the admissions process is determining someone's employability," she explains.

Talk about your skills and the value you've extracted from your businesses experiences and how that can transfer to the classroom and boardroom beyond.

"If there are things about your application you would identify as red flags … be prepared to address them," Regan says. "Candidates that have really stood out are the ones that have that level of self-awareness."

Scott Comber, director of Dalhousie University's Corporate Residency MBA, says the interviewers want concrete examples from your past that show why you're a good candidate.

"'Give me three things you've done to develop yourself in the last year,'" he says as a sample question. "'Tell me a time when you've really struggled academically.'"

They're not looking for excuses, but self-understanding. "We're actually looking for how they handled it, how emotionally intelligent they are," he says.

The reputation of any resepcted MBA program rests largely on how well its graduates do in the real world, so the admissions team must be convinced you will not only do well academically, but go on to thrive in the competative world of business.

"The most important thing is just to give an honest, up-front answer to any question."

JIM DEWALD, ASSOICATED DEAN OF GRADUATE PROGRAMS, HASKAYNE SCHOOL OF BUSINESS, UNIVERSITY OF CALGARY

"Some of them read from a prepared speech, some of them may have pad answers from what they anticipate are going to be the questions, some of them try to embellish their experience. What we're looking for is the right fit for the individual, and the program."

JOAN WHITE, ASSOCIATED DEAN OF MBA PROGRAMS AT THE UNIVERSITY OF ALBERTA SCHOOL OF BUSINESS IN EDMONTON

ISTOCK



▶ Getting an interview is the first step in being accepted.



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Preds can't solve Dubnyk

- Rookie goalie makes 37 saves for his first career NHL shutout
- Cogliano, Jones, Eberle and Penner score for Edmonton

MARK HUMPHREY/THE ASSOCIATED PRESS



▶ Devan Dubnyk blocks a shot by Nashville Predators right-wing Joel Ward last night.

As time wound down in the third period, even the rookie goaltender admitted to watching the seconds tick off the clock.

Rookie Devan Dubnyk made 37 saves for his first career NHL shutout and the Edmonton Oilers beat the Nashville Predators 4-0 last night.

Andrew Cogliano, Ryan Jones, Jordan Eberle and Dustin Penner scored for Edmonton, which ended a four-game losing streak.

Dubnyk had to be sharp early with Nashville holding a 13-1 advantage in shots on goal through the game's first 10 minutes.

OILERS	PREDATORS
4	0

"We had a tough start, but that's my job to try and weather the storm," Dubnyk said. "I thought we controlled the game after the first period. With a 4-0 lead, it was tough not to watch the clock a little bit in the last five minutes."

The Predators have dropped five of their last six games.

Cogliano scored the game's first goal with just over five minutes left in the opening period. Eberle drove toward the Nashville net and sent a backhand shot on Predators goaltender Pekka Rinne from the left circle. Rinne stopped that shot, but the rebound landed in the low slot, where Cogliano was able to lift a backhand of his own over Rinne's glove.

"I thought we started to push back the last five minutes of the first and I think it gave them something to think about too, that if they don't get one here soon, that it may come back to haunt them," Edmonton coach Tom Renney said.

Nashville's captain admitted that first goal did affect his team.

"I think it was frustrating," Shea Weber said. "I think we kind of sagged on the bench. We did have a great first period, we had a lot of chances, and we just didn't capitalize. And credit to them, they did capitalize on their chances."

THE ASSOCIATED PRESS

Emery signs up with Ducks

Ray Emery is taking the next step in his bid to return to the NHL.

The Anaheim Ducks have signed the goaltender to a two-way contract.

He will be assigned to the Syracuse Crunch of the American Hockey League, but must clear waivers first.

The 28-year-old netminder has been out of hockey for more than a year after undergoing hip surgery.

Emery was diagnosed with avascular necrosis, a disease where the interruption of blood supply causes bone tissue to die.

In 163 career NHL regular-season games, Emery posted an 87-51-15 record with a 2.70 goals-against average. He hasn't played since Feb. 1, 2010.

THE CANADIAN PRESS

Kessel explains comments

Phil Kessel says it was all just a misunderstanding.

One day after making headlines with cryptic comments about his relationship with Maple Leafs coach Ron Wilson and his current role with the team, the struggling forward was much clearer with his feelings yesterday morning.

Kessel repeatedly stated that his frustrations are solely with his own play.

THE CANADIAN PRESS

3B Young wants out of Texas

Michael Young has asked the Texas Rangers to trade him. General manager Jon Daniels says the AL champions are willing to accommodate that request though "nothing is imminent."

THE ASSOCIATED PRESS

Titans name new head coach

The Tennessee Titans have hired Mike Munchak as the franchise's 16th head coach, deciding to promote from within to replace Jeff Fisher.

It will be Munchak's first head coaching job.

THE ASSOCIATED PRESS

Game sets new ratings record

5.3

Per cent increase over last year's ratings in Canada. The introduction of a new measuring system in September 2009 has seen sports TV ratings skyrocket.

For the second year in a row, the Super Bowl has set a record for American television viewing.

The Nielsen Co. said yesterday that an estimated 111-million people watched the Green Bay Packers outlast the Pittsburgh Steelers in professional football's ultimate game. That tops the 106.5 million who watched the 2010 game between New Orleans and Indianapolis.

The series finale of MASH had held the title of the most-watched TV show in the United States for 27 years. It is now No. 3.

The Canadian ratings were also strong. According to preliminary overnight data from BBM Canada, an estimated 7.3-million people watched on CTV and RDS. It was the most-watched television broadcast in this country since the 2010 Winter Olympics, CTV said in a release.

Peak television ratings had more than 80 per cent of Canadians watching the men's hockey final.

THE ASSOCIATED PRESS

4 sports

Quoted



"I have a lot of feelings going on. I think I'm frustrated, mostly,"

BOSTON BRUINS CENTRE MARC SAVARD, WHO ANNOUNCED YESTERDAY THAT HE WOULD MISS THE REST OF THE SEASON DUE TO HIS SECOND CONCUSSION IN LESS THAN A YEAR.

"It's tough to understand why this happened. It will take time and patience, those two things I don't feel like I have much of."

Scan code for more sports

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	53	35	13	2	3	180	137	75	18-7-0-2	17-6-2-1	8-2-0-0	W2
d-Tampa Bay	54	33	16	3	2	164	162	71	18-5-1-1	15-11-2-1	7-3-0-0	W1
d-Boston	53	30	16	2	5	161	119	67	14-10-1-2	16-6-1-3	6-4-0-0	L1
Pittsburgh	54	34	16	2	2	164	122	72	19-9-1-0	15-7-1-2	8-2-0-0	L1
Washington	54	29	15	5	5	150	134	68	17-5-2-5	12-10-3-0	5-2-1-2	W2
Montreal	54	30	19	4	1	139	131	65	18-7-3-1	12-12-1-0	6-2-1-1	L1
NY Rangers	56	29	23	2	2	155	138	62	12-12-1-2	17-11-1-0	3-6-0-1	L5
Carolina	53	26	21	2	4	159	164	58	14-9-1-1	12-12-1-3	5-5-0-0	W1
Atlanta	56	24	22	4	6	162	183	58	12-11-1-4	12-11-3-2	2-5-1-2	L4
Buffalo	51	24	22	5	0	145	149	53	12-12-1-0	12-10-4-0	6-4-0-0	W1
Florida	52	23	23	2	4	140	141	52	11-8-2-3	12-15-0-1	3-3-1-3	W1
Toronto	53	22	26	2	3	138	166	49	13-11-2-2	9-15-0-1	4-5-0-1	W1
New Jersey	53	19	30	3	1	113	154	42	10-13-2-1	9-17-0-1	7-1-2-0	W1
Ottawa	54	17	29	5	3	119	178	42	9-15-2-2	8-14-3-1	0-8-1-1	L10
NY Islanders	52	17	28	3	4	128	169	41	9-12-1-3	8-16-2-1	4-6-0-0	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	54	35	10	4	5	183	127	79	19-3-1-4	16-7-3-1	6-1-1-2	W6
d-Detroit	53	32	15	4	2	176	156	70	16-7-3-1	16-8-1-1	5-4-0-1	W1
d-Dallas	53	30	18	1	4	152	150	65	16-7-1-3	14-11-0-1	5-5-0-0	L3
Nashville	54	28	19	4	3	141	129	63	12-5-3-3	16-14-1-0	4-5-0-1	L1
Phoenix	55	27	19	6	3	156	156	63	12-10-3-2	15-9-3-1	4-6-0-0	W2
San Jose	53	28	19	4	2	150	144	62	13-10-2-1	15-9-2-1	7-2-0-1	W3
Anaheim	54	29	21	2	2	146	150	62	17-8-0-1	12-13-2-1	7-3-0-0	W1
Calgary	55	27	21	2	5	157	161	61	15-9-0-2	12-12-2-3	7-1-1-1	W1
Los Angeles	53	29	22	1	1	150	129	60	17-9-1-0	12-13-0-1	6-3-0-1	W2
Minnesota	52	27	20	1	4	135	138	59	12-11-0-2	15-9-1-2	6-4-0-0	L1
Chicago	53	27	22	2	2	168	150	58	16-13-0-0	11-9-2-2	5-4-0-1	L2
Colorado	53	25	22	6	0	164	175	56	14-13-3-0	11-9-3-0	3-7-0-0	L4
Columbus	52	25	22	3	2	141	162	55	13-12-0-1	12-10-3-1	5-3-1-1	W2
St. Louis	51	23	20	4	4	138	153	54	16-8-1-2	7-12-3-2	3-5-2-0	L1
Edmonton	53	16	29	1	7	133	180	40	7-14-1-3	9-15-1-3	2-7-0-1	W1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Calgary 3 Chicago 1
Edmonton 4 Nashville 0
Toronto 5 Atlanta 4
Vancouver 4 Ottawa 2
Detroit 3 N.Y. Rangers 2
Phoenix 3 Colorado 0
Sunday's results
New Jersey 4 Montreal 1
Tampa Bay 4 St. Louis 3 (OT)
Washington 3 Pittsburgh 0
Tonight's games
Carolina at New Jersey, 7 p.m.
Toronto at N.Y. Islanders, 7 p.m.
Columbus at Pittsburgh, 7 p.m.
San Jose at Washington, 7 p.m.
Buffalo at Tampa Bay, 7:30 p.m.
St. Louis at Florida, 7:30 p.m.

MAPLE LEAFS 5, THRASHERS 4

First Period
1. Atlanta, Kane 14 (Little, Bogosian) 2:39 pp
2. Atlanta, Byfuglien 17 (Bogosian, Peverley) 16:14 (pp)
Penalties — Kessel Tor (hooking) 1:04, Komisarek Tor (interference) 9:34, Ladd Atl (cross-checking) 10:29, Versteeg Tor (slashing) 12:57, Phaneuf Tor (cross-checking) 14:18, Bozak Tor (hooking) 15:54, Komisarek Tor (tripping) 18:58.
Second Period
3. Toronto, Phaneuf 2 (Grabovski, Kulemin) 1:21
4. Toronto, Grabovski 22 (MacArthur, Kaberle) 4:06 (pp)
5. Atlanta, Antropov 10 (Stewart) 4:45
6. Toronto, MacArthur 17 (Kaberle, Versteeg) 15:37
Penalties — Stapleton Atl (hooking) 2:03, Thorburn Atl (delay of game) 2:07, Grabovski Tor (tripping) 10:20.
Third Period
7. Toronto, Kulemin 19 (unassisted) 4:17
8. Toronto, Brent 7 (Crabb, Armstrong) 9:28
9. Atlanta, Ladd 17 (Peverley, Little) 11:01
Penalty — Peverley Atl (hooking) 19:22.
Shots

Atlanta	18	7	9—34
Toronto	11	10	11—32

Goal — Atlanta: Pavelec (L,17-15-8); Toronto: Giguere (W,11-9-3). **Power plays (goals-chances)** — Atlanta: 2-7; Toronto: 1-4.
Referees — Dennis LaRue, Chris Lee. **Linesmen** — Brad Kovachik, Lonnie Cameron.
Attendance — 19,104 (18,819) at Torontop.

OILERS 4, PREDATORS 0

First Period
1. Edmonton, Cogliano 8 (Eberle, Hall) 14:27
Penalties — None.
Second Period
2. Edmonton, Jones 12 (Fraser, Reddox) 14:23
Penalties — Foster Edm (hooking) 1:59, Goc Nash (tripping) 7:41, Jones Edm (hooking) 11:03, Petry Edm (delay of game) 16:38, Rinne Nash (holding; served by Sullivan) 17:54.
Third Period
3. Edmonton, Eberle 10 (Vandermeer, Cogliano) 4:35
4. Edmonton, Penner 18 (Hemsky) 6:58
Penalties — Penner Edm (slashing) 10:47, Vandermeer Edm (holding) 16:26.
Shots

Edmonton	6	11	5—22
Nashville	16	6	15—37

Goal (shots-saves) — Edmonton: Dubnyk (W,6-5-6); Nashville: Rinne (L,18-14-5)(20-16), Lindback (6:58 third)(2-2). **Power plays (goals-chances)** — Edmonton: 0-2; Nashville: 0-5.
Referees — Gord Dwyer, Mike Leggo.
Linesmen — Scott Driscoll, Don Henderson.
Att. — 14,388 (17,113) at Nashville, Tenn.

FLAMES 3, BLACKHAWKS 1

First Period
1. Calgary, Backlund 7 (Bouma, Pardy) 14:33
Penalty — Kane Chi (hooking) 15:27.
Second Period
2. Chicago, Kane 15 (Toews, Brouwer) 5:56
Penalties — Sarich Cal (roughing) 8:05, Regehr Cal (interference) 11:03, Stalberg Chi (tripping) 15:20, Sarich Cal (clipping) 19:31.
Third Period
3. Calgary, Glencross 14 (Jokinen, Regehr) 8:37
4. Calgary, Bourque 16 (Jokinen, Iginla) 19:35 (en, pp)
Penalties — Tanguay Cal (holding stick) 8:56, Sharp Chi (goaltender interference) 13:00, Seabrook Chi (unsportsmanlike conduct) 18:46.
Shots

Chicago	3	11	9—23
Calgary	10	11	7—28

Goal — Chicago: Crawford (L,16-11-2); Calgary: Kiprusoff (W,23-18-3). **Power plays (goals-chances)** — Chicago: 0-4; Calgary: 1-4.
Referees — Francois St-Laurent, Kelly Sutherland. **Linesmen** — Jay eSharrers, Greg Devorski.
Att. — 19,289 (19,289) at Calgary.

SCORING LEADERS

	G	A	PT
Stamkos, TB	40	32	72
D.Sedin, Vcr	28	41	69
Crosby, Pgh	32	34	66
H.Sedin, Vcr	12	53	65
St. Louis, TB	20	44	64
B.Richards, Dal	21	38	59
Perry, Ana	28	28	56
Zetterberg, Det	16	40	56
Ovechkin, Wash	20	35	55
E.Staal, Car	26	27	53
Eriksson, Dal	18	34	52
Kesler, Vcr	30	20	50
Giroux, Pha	19	31	50
Kopitar, LA	16	34	50
Backstrom, Wash	14	36	50
Iginla, Cal	22	27	49
J.Carter, Pha	25	23	48
M.Richards, Pha	17	31	48
Sharp, Chi	26	21	47
Ribeiro, Dal	10	37	47
Selanne, Ana	15	31	46
J.Thornton, SJ	14	32	46
Briere, Pha	26	19	45
Duchene, Col	20	25	45

Not including last night's games

TRANSACTIONS

MLB

AMERICAN LEAGUE
DETROIT TIGERS—Agreed to terms with RHP Lester Oliveros, RHP Jose Ortega, RHP Brayan Villarreal, LHP Duane Below, LHP Phil Coke, LHP Charlie Furbush, 1B-OF Ryan Strieby and INF Audy Ciriaco on one-year contracts.

NATIONAL LEAGUE
HOUSTON ASTROS—Agreed to terms with OF Jason Bourgeois and RHP Aneury Rodriguez on one-year contracts.
LOS ANGELES DODGERS—Agreed to terms with INF Aaron Miles on a minor league contract.
NEW YORK METS—Named Brad Andress strength and conditioning coach.

NBA
HOUSTON ROCKETS—Recalled G Ishmael Smith from Rio Grande Valley (NBADL).
PHILADELPHIA 76ERS—Recalled F Craig Brackins from Springfield (NBADL).
TORONTO RAPTORS—Signed G Trey Johnson to a second 10-day contract. Women's National Basketball Association
WASHINGTON MYSTICS—Signed G Maurita Reid.

NFL
CAROLINA PANTHERS—Named Joe Kenn strength and conditioning coach.
JACKSONVILLE JAGUARS—Released OT Jordan Black. Signed C Bradley Vierling.
PHILADELPHIA EAGLES—Named Mike Caldwell linebackers coach and Michael Zordich secondary/safeties coach.
TENNESSEE TITANS—Named Mike Munchak coach. Canadian Football League
EDMONTON ESKIMOS—Signed WR Chris Bauman.

NHL
ATLANTA THRASHERS—Reassigned G Edward Pasquale from Chicago (AHL) to Gwinnett (ECHL).
BOSTON BRUINS—Recalled F Jordan Caron from Providence (AHL).
ST. LOUIS BLUES—Assigned G Ben Bishop to Peoria (AHL).
TAMPA BAY LIGHTNING—Reassigned G Jaroslav Janus from Norfolk (AHL) to Florida (ECHL).
VANCOUVER CANUCKS—Voided the reassignment of D Lee Sweatt to Manitoba (AHL).

NFL

SUPER BOWL XLV
Sunday's result
At Arlington, Texas
Green Bay (NFC) 31 Pittsburgh (AFC) 25

SUNDAY

PACKERS 31, STEELERS 25

Pittsburgh	**0**	**10**	**7**	**8**	**—25**
Green Bay	**14**	**7**	**0**	**10**	**—31**

First Quarter
GB—Nelson 29 pass from Rodgers (Crosby kick), 3:44.
GB—Collins 37 interception return (Crosby kick), 3:20.
Second Quarter
Pgh—FG Suisham 33, 11:08.
GB—Jennings 21 pass from Rodgers (Crosby kick), 2:24.
Pgh—Ward 8 pass from Roethlisberger (Suisham kick), 0:39.
Third Quarter
Pit—Mendenhall 8 run (Suisham kick), 10:19.
Fourth Quarter
GB—Jennings 8 pass from Rodgers (Crosby kick), 11:57.
Pgh—Wallace 25 pass from Roethlisberger (Randle El run), 7:34.
GB—FG Crosby 23, 2:07.
Attendance—103,219 at Arlington, Texas.

TEAM STATISTICS	**Pit**	**GB**
First downs	19	15
Total Net Yards	387	338
Rushes-yards	23-126	13-50
Passing	261	288
Punt Returns	4-5	1-0
Kickoff Returns	6-111	3-63
Interceptions Ret.	0-0	2-38
Comp-Att-Int	25-40-2	24-39-0
Sacked-Yards Lost	1-2	3-16
Punts	3-51.0	6-40.5
Fumbles-Lost	1-1	1-0
Penalties-Yards	6-55	7-67
Time of Possession	33:25	26:35

INDIVIDUAL STATISTICS
RUSHING—Pittsburgh, Mendenhall 14-63, Roethlisberger 4-31, Redman 2-19, Moore 3-13. Green Bay, Starks 11-52, Rodgers 2-(minus 2).
PASSING—Pittsburgh, Roethlisberger 25-40-2-263. Green Bay, Rodgers 24-39-0-304.
RECEIVING—Pittsburgh, Wallace 9-89, Ward 7-78, Randle El 2-50, Sanders 2-17, Miller 2-12, Spaeth 1-9, Mendenhall 1-7, Brown 1-1. Green Bay, Nelson 9-140, J.Jones 5-50, Jennings 4-64, Driver 2-28, Jackson 1-14, Quarless 1-5, Hall 1-2, Crabtree 1-1.
MISSED FIELD GOAL—Pittsburgh, Suisham 52 (WL).

SUPER BOWL CHAMPIONS
2011 — Green Bay Packers
2010 — New Orleans Saints
2009 — Pittsburgh Steelers
2008 — N.Y. Giants
2007 — Indianapolis Colts
2006 — Pittsburgh Steelers
2005 — New England Patriots
2004 — New England Patriots
2003 — Tampa Bay Buccaneers
2002 — New England Patriots
2001 — Baltimore Ravens
2000 — St. Louis Rams
1999 — Denver Broncos

CURLING

ONTARIO TANKARD CHAMPIONSHIP
Yesterday's results
First Draw
Greg Balsdon (Loonie) 9 Chris Gardner (Renfrew) 6
Peter Corner (Brampton) 7 Mark Kean (Annandale) 1
Glenn Howard (Coldwater) 8 Mark Bice (Sarnia) 1
Dale Matchett (Bradford) 6 Jake Higgs (Harriston) 5
Howard Rajala (Rideau) 7 Nick Rizzo (Brantford) 2
Second Draw
Mark Bice (Sarnia) 9 John Epping (Donalda) 7
Peter Corner (Brampton) 9 Glenn Howard (Coldwater) 5
Chris Gardner (Renfrew) 12 Nick Rizzo (Brantford) 5
Mark Kean (Annandale) 8 Jake Higgs (Harriston) 4
Dale Matchett (Bradford) 6 Howard Rajala (Rideau) 5

GOLF

PGA PHOENIX OPEN
At Scottsdale, Ariz.
Par 71 (35-36)
Final Round
(x-won playoff on second hole; FedEx points in parentheses):

x-Mark Wilson (500), $1,098,000	65-64-68-69—266
Jason Dufner (300), $658,800	65-68-67-66—266
Vijay Singh (163), $353,800	69-65-68-66—268
Martin Laird (163), $353,800	68-71-64-65—268
Nick Watney (100), $222,650	70-66-65-68—269
J.B. Holmes (100), $222,650	65-70-67-67—269
Gary Woodland (100), $222,650	68-66-69-66—269
Brandt Snedeker (75), $164,700	69-68-66-67—270
Webb Simpson (75), $164,700	70-66-67-67—270
Y.E. Yang (75), $164,700	69-65-67-69—270
Chris Couch (75), $164,700	66-65-68-71—270
Tommy Gainey (75), $164,700	63-65-68-74—270
Ryuji Imada (56), $111,020	68-67-69-67—271
Cameron Beckman (56), $111,020	65-70-67-69—271
Joe Ogilvie (56), $111,020	67-67-69-68—271
Geoff Ogilvy (56), $111,020	67-66-67-71—271
Rickie Fowler (56), $111,020	70-62-69-70—271
Brian Gay (52), $82,350	69-68-65-70—272
D.A. Points (52), $82,350	68-66-69-69—272
Ben Crane (52), $82,350	66-68-68-70—272
Bo Van Pelt (52), $82,350	68-66-67-71—272
Frank Lickliter II (46), $54,987	72-64-65-72—273
Rory Sabbatini (46), $54,987	70-66-68-69—273
Pat Perez (46), $54,987	69-67-67-70—273
Alex Prugh (46), $54,987	70-67-66-70—273
William McGirt (46), $54,987	70-65-68-70—273
Brendon de Jonge (46), $54,987	67-72-68-66—273
Michael Connell (46), $54,987	69-70-64-70—273
Dustin Johnson (39), $37,134	64-73-70-67—274
Charley Hoffman (39), $37,134	65-71-68-70—274
Hunter Mahan (39), $37,134	68-68-68-70—274
Bubba Watson (39), $37,134	70-68-66-70—274
Lucas Glover (39), $37,134	66-68-69-71—274
Matt Bettencourt (39), $37,134	67-67-68-72—274
Phil Mickelson (39), $37,134	67-65-71-71—274
Bill Haas (39), $37,134	65-65-68-76—274
Tom Lehman (33), $28,060	65-72-69-69—275
Charlie Wi (33), $28,060	68-68-67-72—275
Jonathan Byrd (33), $28,060	68-65-73-69—275
Aaron Baddeley (33), $28,060	65-68-72-70—275
Hunter Haas (27), $20,771	74-63-70-69—276
Justin Leonard (27), $20,771	70-66-69-71—276
Fred Couples (27), $20,771	67-71-67-71—276
Marc Leishman (27), $20,771	67-69-69-71—276
Chris Kirk (27), $20,771	66-72-73-65—276
J.J. Henry (27), $20,771	66-73-67-70—276
Jeff Overton (27), $20,771	67-72-69-68—276
Chez Reavie (27), $20,771	68-71-68-69—276
Also	
Stephen Ames (7), $12,871	**70-68-68-75—281**

TENNIS

ATP SAP OPEN
At San Jose, Calif.
Singles
First Round
Denis Istomin (5), Uzbekistan, def. Roman Borvanov, Moldova, 6-3, 7-5.
Michael Russell, U.S., def. Alex Kuznetsov, U.S., 6-4, 6-2.
Tim Smyczek, U.S., def. Robert Farah, Colombia, 7-5, 3-6, 6-3.

ATP BRASIL OPEN
At COSTA DO SAUIPE, Brazil
Singles
First Round
Filippo Volandri, Italy, def. Victor Hanescu (8), Romania, 7-5, 6-1.
Pablo Andujar, Spain, def. Daniel Gimeno-Traver, Spain, 6-3, 6-1.
Ruben Ramirez Hidalgo, Spain, def. Fernando Romboli, Brazil, 6-4, 6-2.

WTA OPEN GAZ DE FRANCE SUEZ
At Paris
Singles — First Round
Kristina Barrois, Germany, def. Iveta Benesova, Czech Republic, 5,7, 6-4, 6-4.
Doubles — First Round
Vera Dushevina and Ekaterina Makarova, Russia, def. Natalie Grandin, South Africa, and Vladimira Uhlirova (4), Czech Republic, 7-5, 7-5.
Sandra Klemenschits, Austria, and Irena Pavlovic, France, def. Timea Bacsinszky, Switzerland, and Aurelie Vedy, France, 6-4, 6-7 (3), 13-11 (tiebreak).

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	38	13	.745	—
d-Miami	37	14	.725	1
d-Chicago	34	15	.694	3
Atlanta	33	18	.647	5
Orlando	32	20	.615	6½
New York	26	24	.520	11½
Philadelphia	23	27	.460	14½
Indiana	21	27	.438	15½
Charlotte	22	29	.431	16
Milwaukee	19	30	.388	18
Detroit	19	32	.373	19
New Jersey	15	37	.288	23½
Toronto	14	37	.275	24
Washington	13	37	.260	24½
Cleveland	8	44	.154	30½

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	42	8	.840	—
Dallas	36	15	.706	6½
d-L.A. Lakers	36	16	.692	7
d-Oklahoma City	33	17	.660	9
New Orleans	32	21	.604	11½
Denver	30	22	.577	13
Utah	30	22	.577	13
Portland	27	24	.529	15½
Memphis	27	26	.509	16½
Phoenix	23	25	.479	18
Houston	25	28	.472	18½
Golden State	22	27	.449	19½
L.A. Clippers	19	31	.380	23
Sacramento	12	35	.255	28½
Minnesota	12	39	.235	30½

d – division leader
Last night's results
Charlotte 94 Boston 89
L.A. Lakers 93 Memphis 84
Minnesota 104 New Orleans 92
Dallas 99 Cleveland 96
Houston 108 Denver 103
Chicago at Portland
Utah at Sacramento
Phoenix at Golden State
Sunday's results
Boston 91 Orlando 80
Indiana 105 New Jersey 86
Miami 97 L.A. Clippers 79
New York 117 Philadelphia 103
Tonight's games
(all times Eastern)
Philadelphia at Atlanta, 7 p.m.
L.A. Clippers at Orlando, 7 p.m.
San Antonio at Detroit, 7:30 p.m.
Indiana at Miami, 7:30 p.m.
Toronto at Milwaukee, 8 p.m.
Memphis at Oklahoma City, 8 p.m.
Minnesota at Houston, 8:30 p.m.

LACROSSE

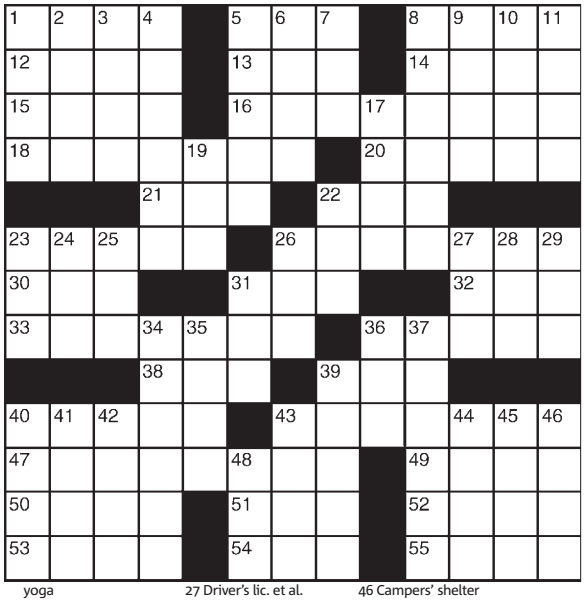
NLL

EAST DIVISION	GP	W	L	Pct.	GF	GA	GB
Toronto	6	4	2	.667	69	59	—
Buffalo	5	3	2	.600	53	50	½
Rochester	5	3	2	.600	49	54	½
Boston	7	4	3	.571	64	53	½
Philadelphia	6	3	3	.500	52	56	1
WEST DIVISION							
Calgary	6	4	2	.667	71	69	—
Minnesota	5	3	2	.600	58	52	½
Washington	6	3	3	.500	69	72	1
Colorado	5	1	4	.200	47	51	2½
Edmonton	5	0	5	.000	44	59	3½

Saturday's results
Boston 9 Toronto 7
Rochester 11 Philadelphia 6
Washington 10 Colorado 8
Friday's result
Buffalo 15 Minnesota 12
WEEK SIX
Friday, Feb. 11
Washington at Edmonton, 9 p.m.
Saturday, Feb. 12
Calgary at Toronto, 7 p.m.
Buffalo at Philadelphia, 7 p.m.
Colorado at Boston, 7:30 p.m.
Minnesota at Rochester, 7:35 p.m.
Edmonton at Washington, 10:30 p.m.

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Crossword



Across
1 Grand story
5 CXXII quintupled
8 Pond organism
12 Wealthy
13 Boxer Muhammad
14 Adolescent
15 Old portico
16 Home aquarium
18 Shirt style
20 Third rock from the Sun
21 Anonymous Richard
22 Lobbying org.
23 English composition
26 Sarge in military slang
30 Before
31 Dine
32 Female deer
33 Fight with both fists and feet
36 Johnny Mathis classic
38 Under the weather
39 Bronze
40 — -Saxon
43 Grandstand location
47 Strap in a car
49 Desire
50 Hardy cabbage
51 Wish undone
52 Property claim
53 Luminary
54 Jewel
55 Criterion

Down
1 Formerly, formerly
2 Pocket bread
3 PC picture
4 Energy point, in yoga
5 Actor Willem
6 Paper fastener
7 Greek consonants
8 Charge
9 Mad Shakespearean king
10 Courteous bloke
11 Egyptian cross
17 Jalopy
19 Plaything
22 Burst
23 "A mouse!"
24 — Lanka
25 Moment
26 Monkey suit
27 Driver's lic. et al.
28 Barracks bed
29 Lock opener
31 ... —, la, ti, do
34 Off- — (askew)
35 Amorphous mass
36 Upper limit, for short
37 Injury additive?
39 Clan emblem
40 Requests
41 Tidy
42 Big party
43 Despondent
44 Great Lake
45 Quite some time
46 Campers' shelter
48 Work unit

▶ Yesterday's answer



Sudoku

					5		8	
8	5				3	1		
	9		7			4		
	8			6	1		7	
6								5
	4		8	9			6	
		5			4		3	
		7	3				9	1
	1		2					

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	9	5	4	7	3	2	6	8
7	8	3	2	5	6	4	1	9
6	4	2	8	1	9	3	7	5
5	7	4	6	8	1	9	3	2
8	3	6	9	2	7	5	4	1
9	2	1	3	4	5	7	8	6
2	5	8	7	6	4	1	9	3
3	6	7	1	9	2	8	5	4
4	1	9	5	3	8	6	2	7

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Zach, I love you more than words can explain. I'm sorry for anything and everything. All I want is for it all to be better. You're my best friend and you mean the world to me. I'm sorry and I love you, **J**

Beautiful Green Eyes. You're the only one in all Universes! My love for you will never die. The reason for this, I know why. You're a true Angel... Hi :) Trust in my heart, I'll never lie. **ART HEART**

To Gwendolyn,
You make my day shine brighter than the sun, I can't stop thinking about you. I'm sorry for what I did. I hope you can forgive me. **LOVE GUILLERMO**

Bo Ilie, 6 yrs flew by loving you unconditionally & I cant wait to spend another 60 yrs with you. You have made my life so exciting! **ALWAYS YOURS, GINA**

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min -19°	Min -15°	Min -7°
Max -11°	Max -3°	Max 0°

Michele McDougall
Weather Specialist
BT BREAKFAST TELEVISION



"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". **WEEKDAYS 6AM**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You think you are the only one who knows what is going on. But before you go spreading your conspiracy theory, it might be wise to wait a while. New information will put everything into perspective.

♉ Taurus April 21-May 21 If you are the kind of Taurus who gets involved in causes to make the world a better place, you will enjoy yourself immensely today.

♊ Gemini May 22-June 21 Both in your personal life and at work, you will go out of your way to help people in need today. However, watch out for individuals who trick you into thinking they need assistance when really they are just lazy.

♋ Cancer June 22-July 22 You have known for some time that you need to get serious about your money situation. What happens today will force you to save. You also need to find new sources of income.

♌ Leo July 23-Aug.23 Make a special effort to get your message across to loved ones. Is there something you have been wanting to say but for one reason or another never got around to? Say it today, and watch faces light up.

♍ Virgo Aug. 24- Sept. 22 Give your imagination permission to roam today and don't reject ideas just because they seem too outrageous to ever come true. You have the power to make things happen.

♎ Libra Sept. 23-Oct. 23 Don't worry if others say you are acting irrationally. What they mean is that they don't understand you. That's not a bad thing. The last thing you want is for others to be able to predict your next move.

♏ Scorpio Oct. 24-Nov. 22 You don't have to do anything special or go anywhere new to attract good things today. Just stay right where you are and they will find you.

♐ Sagittarius Nov. 23-Dec. 21 If you reach for the biggest prize, you can make it yours with ease. You have so much talent and so much potential, and it's about time you did something with it. Make it something great.

♑ Capricorn Dec. 22-Jan. 20 Social and travels plans are under excellent stars, so get out. You don't have to ask anyone's permission to set off on a new adventure.

♒ Aquarius Jan. 21-Feb. 18 There is nothing you like more than a challenge and today you will be pushed to your limits, and maybe beyond. The more others say you are aiming too high the more determined you will be.

♓ Pisces Feb. 19-March 20 Every thought you have affects what happens to you in the future. Your mind really does create your reality. Think about that, then resolve to be more positive in your outlook.

SALLY BROMPTON

Caption contest



"Can you wax these for me?" SHIV

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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$949 Add taxes & other fees: $153

DOMINICAN REPUBLIC | Punta Cana via Calgary
Occidental Grand Punta Cana
All-Inclusive • Junior suite • Mar. 1 - 29
$1099 Add taxes & other fees: $174

DOMINICAN REPUBLIC | Punta Cana via Calgary
Barceló Bavaro Palace Deluxe
All-Inclusive • Junior suite deluxe • Mar. 1 - 29
$1199 Add taxes & other fees: $174

DOMINICAN REPUBLIC | Punta Cana via Calgary
Gran Bahia Principe Punta Cana PRIVILEGES
All-Inclusive • Junior suite • Mar. 1 - 29
$1299 Add taxes & other fees: $174

ARUBA via Toronto
The Mill Resort & Suites
Studio rm. • Mar. 6 & 20
$1259 Add taxes & other fees: $183

JAMAICA
Gran Bahia Principe Jamaica PRIVILEGES
All-Inclusive • Junior suite • Mar. 3 & 10
$1549 Add taxes & other fees: $96

MEXICO | Los Cabos via Calgary
Royal Solaris Los Cabos Resort All Inclusive & Spa
All-Inclusive • Deluxe rm. • Mar. 5 & 12
$959 Add taxes & other fees: $260

MEXICO | Ixtapa/Zihuatanejo via Calgary
Barceló Ixtapa Beach Resort PRIVILEGES
All-Inclusive • Superior rm. • Mar. 5 - 19
$979 Add taxes & other fees: $249

MEXICO | Puerto Vallarta/Riviera Nayarit via Calgary
Crown Paradise Club Puerto Vallarta
All-Inclusive • Standard rm. • Mar. 5 - 19
$1189 Add taxes & other fees: $144

MEXICO | Cancun/Riviera Maya
Occidental Grand Xcaret
All-Inclusive • Deluxe rm. • Mar. 15
$1199 Add taxes & other fees: $245

COSTA RICA | Liberia via Toronto
Occidental Grand Papagayo
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$1439 Add taxes & other fees: $92

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Pyramid rm. • Mar. 7 • 3 nts.
$399 Add taxes & other fees: $115

CALIFORNIA | San Diego via Vancouver
Mission Plaza Hotel & Suites by Sea World
Double guest rm. • Mar. 5 • 3 nts.
$609 Add taxes & other fees: $148

HAWAII | Oahu via Vancouver or Calgary
Maile Sky Court
Q value city view rm. • Apr. 7 • 1 wk.
$739 Add taxes & other fees: $113

HAWAII | Maui via Vancouver or Calgary
Aston Maui Lu
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$889 Add taxes & other fees: $113

EUROPE | AIR & HOTEL

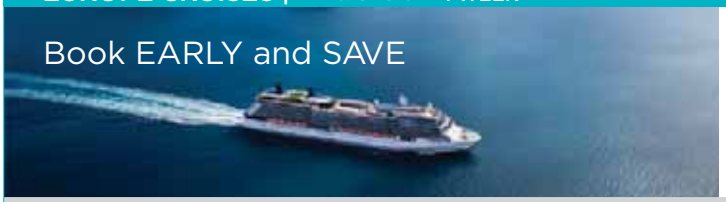


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